

SOUTHSIDE

HEALTH & WELLBEING

Emma Sutherland ND MATMS

Olivia Ford ND MATMS

12 The Avenue
Hurstville NSW 2220

Ph: (02) 95792480

Fax: (02) 95792460

www.southsidehealth.com.au

Email: enquiries@southsidehealth.com.au

How To Avoid Nasty Winter Viruses

In the last few weeks, the incidence of patients presenting with throat conditions has been staggering. Often one of the first symptoms of a cold or flu is a sore throat, difficulty swallowing, a dry mouth or stuffy sinuses. When these symptoms occur it is time to immediately take action in order to avoid the virus that is responsible from taking hold. It is a window of opportunity not to be missed – if left unchecked the infection will spread and cause more serious symptoms. Among these are a congested chest which may lead to a secondary bacterial infection and a prolonged illness.

There are many effective natural medicines that can be employed in the initial stages of illness. They will make an invaluable addition to the family first aid kit and Emma will instruct you on how and when to use them. Depending on the individual, different medicines are better for some people than others and it is important to seek professional advice by a trained naturopath.

Homeopathy is a form of medicine that is very gentle and has been practiced world wide for hundreds of years. It is safe to use in pregnancy, breast feeding as well as for children of all ages. Homeopathy is particularly effective in acute illnesses such as the rapid progression of most winter colds and flus. Emma will determine the most effective medicine for you after a careful and thorough consultation.

With winter finally here, it is time to nourish and support your immune system by taking a preventative approach to your health care. Why wait to feel sick if you can make some simple changes now and avoid becoming a casualty of the winter season? Emma will tailor a health plan for you that includes an immune boosting diet with support from herbal medicine, homeopathy and relevant vitamins.

If you do happen to feel a little fatigued and run down, make this recipe which will support your immune system and help to fight off those nasty winter viruses. Remember, preventative medicine is always the best medicine!

Emma's Cold Preventative

Ingredients:

1_ inches of fresh ginger root, finely chopped or grated
300mls water
2 medium cloves of garlic, crushed or chopped
juice of _ lemon
1 tablespoon of honey
a sprinkle of cayenne pepper

Method

In a small saucepan combine the ginger and water and simmer for 15 minutes. While the ginger is simmering, put the garlic in a large glass with lemon juice and honey. When the ginger infusion is ready, pour it onto the garlic and lemon mixture. Add a sprinkle of cayenne pepper

Dosage

One glass per day as a preventative
Three glasses per day when sick