

CATCH THE CUSTOMER, NOT THE COLD!

THERE'S NOTHING WORSE THAN WAKING UP WITH A THROBBING HEADACHE AND A SORE THROAT. ESPECIALLY WHEN YOU HAVE CLIENTS TO SEE AND A MOUNTAIN OF WORK TO GET THROUGH. HERE ARE SOME TIPS ON HOW TO STAY WELL WHEN THE REST OF THE SALES TEAM IS DOWN WITH FLU.

BY CELYNN ERASMUS

Use natural immune boosting herbs and spices this winter to give you a kick start and fight flu symptoms before they even begin.

NATURAL IMMUNE BOOSTERS

- **CAYENNE PEPPER:** Helps fight infections. Add a pinch to raw or cooked foods. Better yet, simply swallow a quarter of a teaspoon of cayenne pepper with a gulp of water in the morning. It's got a bite, but it's great for fighting off bugs.
- **CINNAMON:** Helps with colds. Add a sprinkle to your morning oats and a dash on some butternut.
- **GARLIC:** Garlic fights fatigue. But how do you combat the bad breath? Chew some parsley and mint.
- **GINGER:** Great for colds and flu. Make a ginger tea (just crush or slice ginger and leave to infuse in hot water).

IMMUNE BOOSTING SUPPLEMENTS

Take these during the colder months.

Double the dosages if you start to feel groggy.

- **BUFFERED VITAMIN C:** 2000mg daily (Bioharmony Immune C or Foodstate)
- **OLIVE LEAF EXTRACT:** 20 drops in a little water (Herbal Wellness tincture)
- **COLOSTRUM:** 200mg twice daily (Solal)
- **MULTIVITAMIN** and mineral containing 30mg of **ZINC** (Solgar)
- **OTHER USEFUL IMMUNE BOOSTERS:** Echinacea capsules, Propolis extract, Curcumin capsules.

AVOIDING THE WINTER BULGE...

Hungrier than usual? Craving sweet & starchy foods? No inclination to exercise? To avoid becoming a slothful hibernator here are some tips to help you through the stretch of chilly weather.

1. EATING JUST AN EXTRA 650 KILOJOULES PER DAY

(that's two plain biscuits or rusks) and you'll gain over two kilograms over the winter months. So, instead, grab an orange, a naartjie or some strawberries.

2. THERE'S NOTHING LIKE COFFEE OR HOT CHOCOLATE ON A COLD WINTER'S DAY.

But coffee and tea mean milk and sugar – plus what we 'dunk' in them! Drink more herbal tea, or have coffee black with no sugar.

3. SOUPS:

Opt for the real stuff rather than adding hot water to a concentrated powder. Use fat-free milk and add fat-free yoghurt instead of cream. □



In a fast paced world with exhausting demands on time and performance, Celynn vibrantly presents hands on, real advice that will help you to work better, live smarter and get the most out of every day. Celynn demystifies the complex science of wellness and nutrition into tips and techniques that really work. She will help you to manage your energy, not your time. Email: celynn@celymerasmus.co.za

