

Nutrition / Physical Fitness / Spectrum Romance

FALL 
SPECIAL

ASD-Friendly
Tricks &
Treats!

Autism FILE™

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Providing Hope and Help for Autism Families

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Shaping Your Life
As A Single Parent
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Vision Therapy

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COLD & FLU SEASON IS ALMOST HERE— TAKE CONTROL OF YOUR FAMILY'S HEALTH!

*Despite what you've likely been told,
getting sick this time of year is not inevitable*

BY DEIRDRE IMUS

Much like birthdays, anniversaries, and the holidays, cold and flu season is one of those annual occurrences that just kind of sneaks up on you. Except instead of parties, gifts, and good cheer, you're stuck in bed sneezing, coughing, and

battling a fever—or taking care of a family member doing the same.

Getting a cold each year, or maybe even catching the flu, is unavoidable, or so you've been told. Germs will be germs, and they'll do as they please. Aside from good hand-washing,

covering your mouth when you sneeze, and avoiding contact with sick people, there's not much you can do to protect yourself or your loved ones from contracting one of these viruses. Right?

Wrong.

As with so many other maladies, there are natural, effective ways to prevent cold and flu germs from entering your body and your home, and to reduce the severity of symptoms when they do. Life with a child on the autism spectrum can be challenging on the most normal of days—adding even a mild illness like a cold into the equation can throw everybody temporarily off balance.

DEIRDRE IMUS...



...**National Leader for Children's Health and the Environment** Deirdre Imus, founder of the site devoted to environmental health, www.imusenvironmentalhealth.org, is President and Founder of The Deirdre Imus Environmental Health Center® at Hackensack University Medical Center and Co-Founder/Co-Director of the [Imus Cattle Ranch for Kids with Cancer](http://www.imus.org). She is a *New York Times* best-selling author and a frequent contributor to FoxNewsHealth.com, and Fox Business Channel. In her quest to clean up the environment for our kids, Deirdre developed the award-winning

Greening The Cleaning® program and product line, which replaces the hazardous ingredients commonly found in cleaning agents with environmentally-responsible, less toxic ingredients whenever possible. The program and products are used throughout the country in schools, healthcare facilities, and businesses. ◀

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A LITTLE COMMON SENSE

First, it's important to discern whether you're dealing with the common (yet still irritating) cold, or the much more serious influenza virus. Colds rarely cause fevers, and the symptoms come on slowly, usually starting with a sore throat and leading to a stuffy, runny nose that lingers for a few days. The flu, by contrast, tends to hit people like a truck, with a fever, sore throat, headache, congestion and cough coming on quickly, and often all at once.

Americans catch over 425 million colds each year, and up to 20 percent of people in this country will contract the flu, according to the U.S. Centers for Disease Control and Prevention (CDC). Common colds are the main reason that children miss school and adults miss work. Keeping your immune system up to snuff is one of the most crucial steps you can take to avoid getting sick.

One of the most effective and easiest methods of dodging illness is something we should all do several times a day, simply because it's good manners: wash your hands! Do it after you use the restroom, of course, but also after you've shaken someone's hand, kissed hello, been on public transportation, attended a party, gone

to the gym, and many other situations. You can never be too careful, especially in the cold weather, when we're all spending copious amounts of time indoors with the windows shut, allowing germs to fester and spread faster than usual.

When you do wash, use a non-toxic soap that is free of ammonia, dyes, phenols, phosphates, sulfates, and artificial fragrances. Also keep hand sanitizers within reach at all times, but avoid ones containing chemicals like triclosan or synthetic fragrances. Instead, look for products that use natural antibacterial ingredients made from essential oils like lemon, clove, cinnamon, rosemary and eucalyptus

oil to name a few. Personally, I use Dr. Young's Thieves Hand Purifier and essential oils.

GOOD NUTRITION IS CRUCIAL

Vitamin deficiencies can cause various medical problems, and roughly three-quarters of Americans—from the elderly to the newly born—are deficient in vitamin D3, which has been linked to the health of nearly every organ in the body, as well as the immune system. Ask your doctor to check your vitamin D3 levels, and consider supplementing what you need to achieve the optimal amount in your body.

Not surprisingly, dietary habits strongly impact immunity. Eat plenty of fresh, organic leafy greens (like kale, chard, and broccoli) and cruciferous vegetables (like cauliflower, Brussels sprouts, radishes, and cabbage). They're good for you every day of the year, but their high vitamin C content comes in especially handy during cold and flu season. If your little ones won't gobble these items down with ease, try including them in a smoothie, or letting them dip veggies into hummus.

Also, try eating more fermented foods like sauerkraut, miso, and sugar-free strained Greek yogurt, which boost your overall wellness by promoting intestinal health. Acting as probiotics (which can also be taken as supplements), fermented foods aid digestion, improve immune function, and up vitamin B levels, all key in warding off sickness.

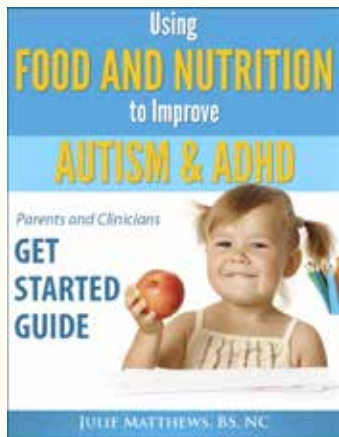
BOOSTING THE IMMUNE SYSTEM

It may be tough to push yourself on those bitterly freezing days, but according to the American College of Sports Medicine, people who exercise report fewer colds than their inactive peers. One recent survey revealed



▼ **BACK TO BASICS**—Frequent hand-washing is always important but especially during cold and flu season.





Scientific evidence continues to validate that food and nutrition matter for those with autism spectrum disorder. Learn how to use diet and nutrition choices to help your child with Autism, Asperger's, or ADHD by getting my FREE e-book, *Using Food and Nutrition to Improve ADHD and Autism*. It explains **WHY** and **HOW** diets help, and **WHAT** to do to get started.

When autism is accurately seen as a whole body disorder, parents and physicians are more likely to identify the physical symptoms that routinely get overlooked. With this broader comprehension, it becomes apparent that there are many things you can do to address these challenges and help children improve. Parents are finding improvements in many areas: speech, hyperactivity, inattentiveness, irritability, anxiety, as well as physical symptoms when improving their child's diet.

The **FREE eBook** comprises four articles that are simple enough for anyone to understand. They also include the scientific referencing many people want to see.

- ▶ **What the Science Says:** Explains the underlying biochemistry of ADHD, Autism and childhood disorders, and the scientific rationale for food and nutrition choices.
- ▶ **Diets and Nutrition That Help:** Highlights the top healing diets and what a nourishing diet looks like for the whole family.
- ▶ **What if you have a Picky Eater:** Gives practical suggestions on expanding diet and providing adequate nutrition for picky eaters.
- ▶ **How to Begin and Succeed at a Special Diet:** Addresses the "How To" and practical aspects of following and cooking for a special diet.

DOWNLOAD the FREE eBook at <http://NourishingHope.com/Get-Started-Guide>

▼ **DRINK UP**—Staying hydrated can boost the immune system leaving you better able to ward off illness.



that 61% of 700 recreational runners reported fewer colds since beginning to run, while only four percent felt they experienced more. Plus, other research has shown that moderate exercise causes several positive changes in the immune system, representing a brief but vital boost that appears to reduce the risk of infection over the long term.

To that end—drink, drink, drink! Staying hydrated is key in every season, but is particularly useful in the winter. It's easy to forget to drink enough water in the cold weather, as we're not sweating as much as we do when it's warmer outside. But steadily drinking six to eight glasses of water a day can boost your immune system, keeping your body strong and ready to fight off illnesses all year round.

Sleep well, and as much as possible. Recent research found that adults who averaged just five or six hours of sleep were four times more likely to catch a cold than people who slept at least seven hours per night. During sleep, your immune system releases proteins called cytokines, and sleep deprivation may decrease production of these protective molecules, according to the Mayo Clinic. What's more, long-term lack of sleep ups your risk for obesity, diabetes, and heart disease.

EVEN THE BEST LAID PLANS...

Unfortunately, no method of cold and flu prevention is foolproof. If you've already succumbed to a bug, there are many homeopathic, common sense remedies that'll get you back on your feet quicker than you can say, "Achoo!" People too easily rely on over-the-counter medications that do little other than suppress

symptoms and come with potential side effects. What's more, some of these drugs may interact with others your child regularly takes.

Some of my favorite approaches to treating colds and the flu naturally include:

- ▶ Drinking plenty of clean filtered water and taking probiotics
- ▶ Making a nutritious vegetable broth with shitake mushrooms, miso paste, onions, garlic, turmeric, cayenne pepper, and olive oil
- ▶ Diffusing therapeutic-grade, 100% essential oils—like clove, cinnamon bark, eucalyptus, or rosemary—throughout the home to make breathing easier. Also, using the oils during a steamy shower can provide relief to clogged sinuses

If you find yourself getting sick every winter, it's important to change your habits, and not continue doing what you've always done. After all, that's the definition of insanity: doing the same thing over and over again and expecting different results. The best defense is a good offense, right? Take control of your health and start warding off illness before it rears its ugly head. Beef up your immune system, be kind to yourself, and protect the littlest and most fragile members of your family. Come spring, you'll have plenty of energy stored up for picnics, hikes, and all the outdoor surprises of that lovely season. ◀

Note: Information provided herein is not intended to treat or diagnose any health condition. As always, consult your healthcare provider with any questions or health concerns.