

# MARTHA CURRIE WELLNESS

MARTHA CURRIE ELEMENTARY'S HEALTH & WELLNESS NEWSLETTER

## Immune Health

Many families dread the winter months because of the non-stop colds, cough and flu. Family members just seem to pass it along and just when someone turns the corner towards feeling well, they are knocked down again by yet another cold symptom.

You can help your family break this cycle with some easy at home tips. I am not saying that your kids won't ever get sick. When the immune system is healthy, it is better able to effectively deal with the viruses and bacteria that we are all exposed to in our daily lives. If the body is healthy, our immune system is either able to ward off an infection settling in to the body, or, it can speed up the recovery time if they do get sick.



**Dr. Brenna Jacks, ND**

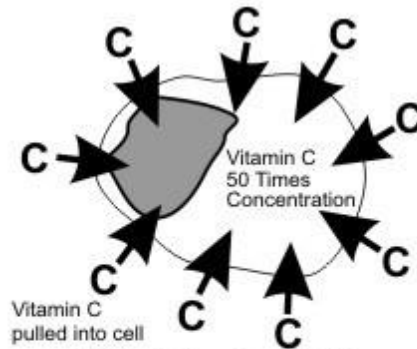


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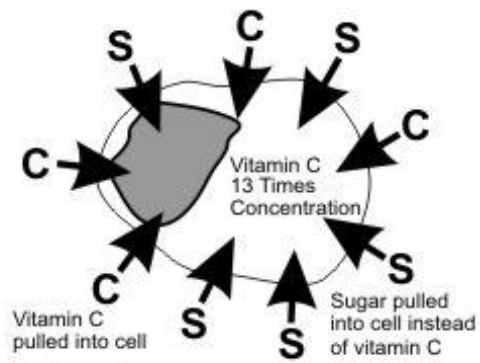
Vitamin C is important to the immune system because it helps the white blood cells (immune cells) absorb and destroy viruses and bacteria. This is seen by the letter 'C' in the image to the right. Sugar 'S' can work against the immune system and take the place of vitamin C that the immune cell requires to work. This happens because vitamin C and sugar look very similar chemically to the body.



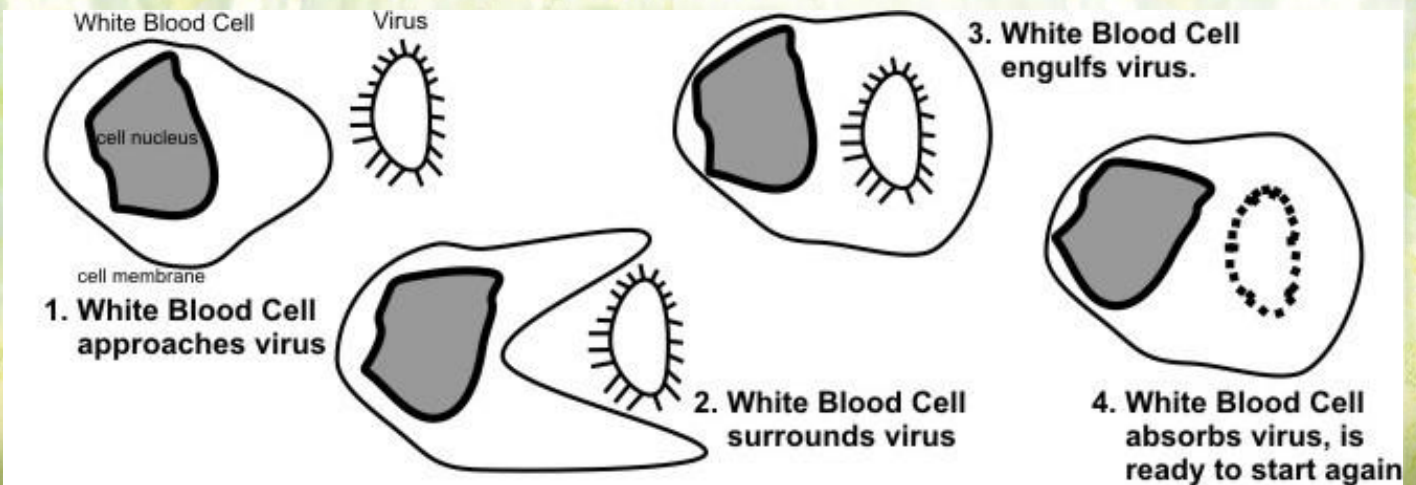
**White Blood Cell able to destroy the maximum number of viruses and bacteria.**

If a family member has an auto-immune condition, the following tips will not apply because that is much more complicated than I will go into in this newsletter.

Here is how the body's immune system works normally.



**White Blood Cell can only destroy 75% as many viruses and bacteria.**





## WARMING SOCKS

Now that cold and flu season is in full-swing, here is an idea for home treatment to help ward off the common cold. The warming socks treatment is best if repeated for three nights in a row at the first signs of a cold, and also is useful for sore throat or any inflammation or infection of the throat, ear infections, headaches, migraines, nasal congestion, coughs, and sinus infections.

This treatment acts reflexively to increase circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a sedating action and many patients report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections. In order to do this treatment you will need, 1 pair thin cotton socks (athletic socks work fine), 1 pair thick wool socks, a towel and a warm bath or footbath. The directions are as follows:

1. Take a pair of cotton socks and soak them completely with cold water. If you tend to be cold or have low vitality, try using cool water during the first treatment rather than cold water.
2. Warm your feet. The treatment may not be as effective if your feet are not warmed first. Warming can be accomplished by soaking your feet in warm water for at least 5-10 minutes or taking a warm bath for 5-10 minutes.
3. Dry off your feet and body with a dry towel.
4. Wring the cotton socks out thoroughly so they do not drip and place the socks on your feet.
5. Put the thick wool socks over the cotton socks.
6. Get in bed. Cover well and sleep all night with socks on, it should be relaxing and not uncomfortably cold. If you are unable to sleep because of the cold socks consider removing the socks and soaking your feet again, this time using cool rather than cold water to wet the cotton socks. Your feet and the cotton socks should be warm and dry in the morning. If your feet are cool or the cotton sock is still damp, consider increasing the length of the hot foot soak.

What to do if your family member does get sick? You can try this easy home treatment that is done during the night while you sleep.

It is called Warming Socks, but in our house, they are called "special socks" or magic socks".



This treatment should be used with caution on anyone with decreased or compromised sensory abilities such as infants, the elderly, or diabetics as they are at greater risk for heat and cold injuries. Do not use this treatment over areas of hemorrhage, gastric ulcers, malignancy, peripheral vascular disease or conditions aggravated by extreme cold. If you have any questions or concerns, ask your Naturopathic Doctor!



Here are some tips that really work to boost everyone's immune system.

1. Eliminate sugar. 1 teaspoon of sugar can decrease your immune defenses by up to 75% for 4-6 hours!
2. Increase your vitamin C intake. But not in the form of juice, which also contains sugar.
3. Eat more fresh fruits and vegetables. Look at the color of the food to see how it affects the immune system.

**Orange** fruits and vegetables contain beta carotene which becomes vitamin A in your body.

Example – oranges, orange peppers, carrots.

**Dark Green** foods also contain beta carotene but also vitamin E for healthy immune function.

Example – kale and spinach.

**Red** and **Pink** foods are high in vitamin C.

Example – grapefruit, strawberry, tomato.

4. Wash your hands to help prevent the spread of germs.
5. Exercise.

