



DR. DAN'S

Natural Healing
CENTER

Simple, natural healthcare

Staying Healthy Through the Winter

These tips will help to keep you going strong all winter long.

- Eat warming foods such as soups, stews and root vegetables. Add in more chicken broth with garlic and wild mushrooms (shitake, oyster, maitake). Garlic and wild mushrooms are antibacterial and antifungal and a great defense against colds and flu.
- Avoid excess carbohydrates. The more sweets and carbohydrates you eat, the more suppressed your immune system will be.
- Take your cod liver oil to ensure adequate vitamins A & D.

Drink raw milk. Cook with organic, virgin and cold pressed coconut oil, organic extra virgin olive oil and pastured butter. Avoid processed vegetable oils. Good oils have antibacterial and antifungal properties to help to keep you safe from unwelcome invaders.

- Add lacto-fermented foods into your diet such as yogurt, sauerkraut, kombucha, and kefir, to keep your digestive system purring.
- Drink plenty of water to stay hydrated and flush toxins from your body.
- Try to sleep a little more. Sleep acts as a great rejuvenator for your body. Do your best to fit in a nap whenever you can.
- Be in touch with your body. Let your mind rest and do some yoga
- Of course, frequent hand washing when traveling or with co-workers and family is key.
- This is the depth of winter. Slow Down to be in sync with the season. Relax and enjoy spending time with your family and loved ones.

