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## Happy New Year!



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Our sincere wish for you during this New Year is much happiness, good health and prosperity.

Greetings!

Tis the season for colds! Almost all of us contract a cold at one time or another and live with the misery as best we can.

Is there something that can be done about a cold? The short answer is yes. Our featured article explores the do's and don'ts to help you reduce the possibility of contracting a cold, and if you're lucky, avoiding them altogether.

Sincerely,

*S. Gwozdek*

Sharon Gwozdek, RN, BSN  
Editor

## The Common Cold ▶▶▶



There is more to **The Common Cold** than meets the eye. We've learned a good deal about what causes a cold and what we can do to avoid them.

Acute viral nasopharyngitis, or acute coryza, usually known as the common cold, is a highly contagious, viral infectious disease of the upper respiratory system, primarily caused by picornaviruses (including rhinoviruses) or coronaviruses.

In the USA, the common cold leads to 75 to 100 million physician visits annually at a conservative cost estimate of \$7.7 billion per year. Americans spend \$2.9 billion on over-the-counter drugs and another \$400 million on prescription medicines for symptomatic relief.

We cover what can be done to avoid the common cold.

## ▶▶▶ Public Enemy #1

If you have allergies or experience fatigue, you may be more susceptible to the Common Cold because of inflammation, immune deregulation, and the challenges to maintain a lower Total Body Burden.

It is well understood that germs are contributing factors to the Common Cold. Arctic explorers virtually have no colds until they return to civilization.

With a germ involved, it is a matter of infection and resistance. Importantly if your immunity is 100%, infection cannot take place.

As we live, work, and associate with other people, we cannot get away entirely from infection unless we go to the Arctic. Therefore, your main defense lies in your own personal resistance.

Resistance is **ENHANCED** by:

- Vitamins
- Minerals
- Eating alkaline foods
- Good digestion
- Proper elimination
- Rest
- Sleep
- "Fresh" air
- Sunshine
- A peaceful mind
- Moderate exercise

Resistance is **LOWERED** by:

- The many varieties of indigestion
- Constipation
- Deficiency of items in first column
- Fatigue
- Worry
- Tobacco
- Alcohol
- Overheated rooms
- Poor ventilation
- Consumption of processed sugars

The Common Cold [continued on back side]

Check Out Our  
New Website!



Our new patient-centered website provides useful information about allergies, their causes and what can be done to effectively treat them. We invite you to pay us a visit. Go to.....  
[www.allergynenvironmental.com](http://www.allergynenvironmental.com)

Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

We offer state-of-the-art allergy testing and treatment. Schedule your visit with us today! Call 480-634-2985.



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## The Common Cold- Continued

It is unfortunate when we do get a cold, but the first thing to do when the initial symptoms appear is to "ideally" clean the entire digestive tract. Drink an abundant amount of water and fruit juices which do not contain sugar; sip hot liquids; enjoy chicken soup with carrots, celery, onions, and garlic until the cold begins to subside; and when your appetite returns, begin eating fruits and vegetables for a day or two and then begin introducing health promoting foods back into your diet with an emphasis on the alkaline foods.

Other helpful suggestions when you are on the cusp of a cold are to:

- Increase your Vitamin C; be sure you are taking a good quality vitamin which does not contain sugar.
- Introduce botanicals which are beneficial for supporting a healthy immune system. These include Echinacea, olive leaf extract, oil of oregano, black elderberry, and astragalus.
- Take Zinc lozenges every 3-4 hours if you begin to experience a sore throat.
- Incorporate an excellent source of probiotics, which helps support the gastrointestinal tract. Yogurt, a well advertised source of probiotics, tends to contain sugar, which ultimately defeats your purpose.
- Wash your hands frequently. Touching objects and surfaces which contain viruses and then touching your mouth, nose, or rubbing your eyes can increase your chances of coming down with a cold.
- Consider flushing the nasal passages with a Neti pot since they tend to harbor viruses.

## What's Fluogen?

How Can the Allergic Individual Prevent or Decrease the Occurrence of Getting A Cold?

If you are suffering with allergies along with battling the onslaught of the common cold, you may benefit from using a low-dose subcutaneous administration of the Influenza Virus Vaccine, administered on a specific schedule. Intradermal testing and determining your specific treatment dose along with Fluogen immunotherapy has been very successful in halting cold/flu like symptoms. This is well documented in cases with individuals who have not responded to the flu vaccine.

New evidence indicates that such treatment can be a helpful and useful modality for those suffering with fatigue, immune suppression, and viral or bacterial infections.

For more information to enhance your immune system, correctly identify and treat your allergies, or information on Fluogen, contact our office at 480-634-2985.

We are here to help you live a Great Life!

## Start the New Year with this excellent Vegetable Dish!

### Nellie's Cabbage & Noodles

Our thanks to Nellie Gwozdek for this delightful and tasty dish.

#### Ingredients:

- 1/2 head of Savoy cabbage, chopped & lightly steamed
- 1 small onion, chopped
- 1 cup cooked rice noodles (for those who have a gluten or wheat sensitivity)
- Caraway seeds (optional)
- Olive Oil
- Salt and Pepper to taste
- Dash of Cayenne
- Butter (optional)



1. Saute chopped onion in olive oil (butter, if you prefer) in a medium pan.
2. Add cabbage and saute until tender
3. Add cooked noodles, and mix together
4. Add butter and caraway seeds if you like
5. Salt & Pepper to taste and Cayenne

Bon Appetit!

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