

Proper planning prevents poor performance.



Never a truer time than now for this moto!

With the increase of Covid cases in our region and as we start to move more amongst different groups of friends and family, it is inevitable that at some stage we will contract Covid or any other virus that may be doing the rounds.

Whilst Naturopathy works wonders when you are sick, it works even better in the prevention stage of a possible illness.

We are seeing many clients in our clinic who are run down prior to contracting a virus and they experience more intense symptoms than others and struggle to recover fully. This is because the body has no reserve tank to draw on to mount the immune, fever and inflammation response that is needed to fight and kill a virus.

It's really never too late to work on your health, but ideally setting the body up to protect your vulnerable areas of health and having a well primed immune system is key to prevention and quick resolution from any illness.

1) Stress Management: (anxiety, depression, overworking/thinking, physical and emotional issues) a burnt out nervous system is possibly one of the worst things for your immune system as the body will always prioritise supplying your brain and nervous system and takes away from your immune system's surveillance system leaving you vulnerable to attack. Herbs, nutrients and diet and lifestyle techniques are simple and work like magic here!!

2) Hydration: optimal hydration is imperative to mount a rapid and successful fever to kill the virus. It is also a foundation of keeping your mucus thin and runny so you can get it out easily. Optimally you require 30ml per kg of body weight to maintain fluid. This does not include alcohol, coffee, tea, juice, cordials or soft drinks.

3) Make every mouthful count: load your diet with herbs and nutrition. Reduce sugars, refined carbohydrates, pastas, stimulants and bad fats. Eat a diet rich in plants, lean animal proteins, all the herbs, bone stock and healthy fats.

If you need help implementing these and other simple preventive measures to support your health goals, then we would love to help you work out what is right for you.