

# How to make your body resilient during the cold and flu season

It's that time of the year that the common cold starts to spread! I have noticed people coming into the clinic asking for extra immune support to help their bodies fight off anything that tries to get them down. Colds are a very common reason why people stay at home and are unable to go to work. They are most often caused by a [virus](#) rather than a bacteria, so antibiotics are often unable to help the process.



It is important to support your immune system to help decrease the likelihood of catching something! Cough syrups are used to help relieve the symptoms of a cold but they don't support your body in preventing them.

I have put together a couple strategies for you to use when you start to feel something coming on!

## 6 Tips on how you can help support your immune system

1. **Prioritize your sleep!** A good night's sleep is important when it comes to getting over a cold. If you are someone who has a hard time sleeping, it is important to know that sleep is very complex and there may be many different factors that could be causing you to have troubles. However, sipping on chamomile tea before bed is always something you can try! Chamomile is a gentle herb that calms the nervous system and is effective in promoting a good night's [sleep](#)! If you'd like to learn more about how to get a better sleep, check out this [article](#).



2. **Vitamin D3.** It is very common to be deficient in Vitamin D when living in the Pacific Northwest due to the lack of sunshine. Some foods are fortified to help offset this; however, they don't all contain Vitamin D3 which is the most absorbable form. Adequate levels of Vitamin D help support your body to mount a healthy immune response, and low levels can lead to a [poorly regulated immune response](#).
3. **Breathe in essential oils!** Essential oils such as thyme, clove and cinnamon bark are helpful in providing [anti-microbial](#) properties against respiratory tract infections!
4. **Drink lots of water!** Hot water is easier for your body to absorb and good hydration improves lymphatic and blood flow which helps flush out your body.
5. **Avoid** things that hinder your immune system. Excessive [alcohol](#) consumption, a poor diet and [chronic stress](#) can negatively impact your immune response.
6. Consider booking an appointment at the [clinic](#) to learn more about how nutrition, stress management, IV therapy, and optimizing your digestive health can help promote a healthy immune system. Optimizing your health in different facets that may seem unrelated can help promote a healthy immune system.



Dr. Krista Lowe, ND  
Naturopathic Physician at [Tall Tree Integrated Health](#)

Call to book in: (250)-658-9222



## References:

Ács, K., Balázs, V. L., Kocsis, B., Bencsik, T., Böszörményi, A., & Horváth, G. (2018). Antibacterial activity evaluation of selected essential oils in liquid and vapor phase on respiratory tract pathogens. *BMC complementary and alternative medicine*, 18(1), 227.

American Psychological Association (2006) Stress weakens the immune system. Retrieved from: <https://www.apa.org/research/action/immune>

CDC (2019) Common cold. Retrieved from:  
<https://www.cdc.gov/antibiotic-use/community/for-patients/common-illnesses/colds.html>

Sarkar, D., Jung, M. K., & Wang, H. J. (2015). Alcohol and the Immune System. *Alcohol Research : Current Reviews*, 37(2), 153–155.

Priehl, B., Treiber, G., Pieber, T. R., & Amrein, K. (2013). Vitamin D and immune function. *Nutrients*, 5(7), 2502–2521. doi:10.3390/nu5072502

Shinomiya, et al. (2005) Hypnotic activities of chamomile and passiflora extracts in sleep-disturbed rats. *Biol Pharm Bull*: 28 (5): 808-10.