

# NATURAL HEALTH

feel good / look good

## Healing Strategies

# DE YO LIFE

► **DECLUTTER**  
► **CLEANSE** YOUR  
► **RELEASE** TOXINS

# 11 Natural Cold

# END EMOTIONAL EATING



### KEEP THE COLD OUT

Stay healthy all winter long with these 5 tips.

- **POP A DAILY MULTIVITAMIN.** Take a daily multi with zinc and vitamin C in addition to eating a well-balanced diet, says naturopath Mario Roxas.
- **TRY EXTRA VITAMIN D.** Low levels of vitamin D, which your body synthesizes from sunlight, is linked to the increase in cold and flu during winter months, research suggests. What's more, a small study from a California hospital found that people who took 2,000 IU of vitamin D daily (the current guidelines recommend only 200 IU per day for adult women) for one year survived cold and flu season unscathed, while those who went without suffered the usual number of complaints.
- **TAKE GREEN TEA SUPPLEMENTS.** Green tea extracts like ImmuneGuard contain powerful antioxidants (the catechin EGCG and the amino acid 1-theanine) that can help ward off viruses. A 2007 study published in the *Journal of the American College of Nutrition* found that of those who took green tea extract during the winter season, only 42 percent were hit with cold or flu for two days or less compared to 64 percent of those who took a placebo.
- **NIX THE NIGHT LIFE.** Get between seven and nine hours of sleep a night and avoid excess alcohol, says Roxas. More than one drink a day reduces antibody protection by two-thirds.
- **GO SUGAR FREE.** Satisfy your sweet tooth with fruits and natural sweeteners like honey and maple syrup. Several studies have shown that the refined sugar in two cans of soda can reduce your white blood cells' cold-fighting abilities by up to 40 percent, says Roxas.

entertaining pro  
ATIE LEE JOEL  
shares healthy  
party tips.

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# Age-Proof Your Skin