

Stay Happy and Healthy This Winter

The foundation of staying healthy and preventing colds, flus, and other unwanted illnesses is not masks and vaccines. Health is built on daily basics such as: proper nutrition, moderate physical activity, fresh air, pure water, and most importantly, sufficient deep sleep. Excess sugar and alcohol consumption, stress, worry, and insufficient sleep can severely impair immune response.

December's shorter days and colder nights have humans and other living creatures naturally hunkering down for winter. We receive much less sunlight in winter. Beyond the obvious, this means our production of vitamin D-3 is greatly reduced which negatively impacts both our resistance to viruses and our emotions.

Reduced sunlight, less physical activity, and insufficient fresh air are why some of us fall prey to S.A.D. (seasonal affective disorder), a type of depression that can zap your energy and make you feel down or moody. Fortunately there are many easy, economical steps you can implement to feel great and stay healthy through the winter.



YELLOW works amazingly well for me when dealing with the lack of winter sunshine in Southern Oregon. Studies associate the color yellow with mental clarity, optimism, self esteem and inspiration. This can benefit us by improving mood, memory and concentration while increasing confidence, curiosity and courage. Wearing a bright yellow sweatshirt provides me with more bang-for-the-buck, mood enhancement without side-effects than any prescription ever could. Buy yourself an **Oregon Duck yellow sweatshirt** and wear it on gray dreary days. It definitely works to boost mood.

Maintain physical activities year-round. While indoor exercise is good, outdoor is far better. A 20-30 minute brisk, outdoor walk, jog or bike ride provides well documented physical benefits and can significantly boost mood. Stay safe – wear reflective clothing when exercising near roadways.

People living in darker northern latitudes suffer from S.A.D at 10x the rate as those in sunnier southern latitudes. However countries in northern latitudes with the highest per-capita fish consumption, have the lowest rates of S.A.D. Since fish contains large amounts of vitamin D (salmon has roughly 10x the Vit-D as beef), it's quite likely that supplementing with 2000 to 5000 I.U. of vitamin D-3 daily, will help substitute for our missed sun exposure when it comes to preventing seasonal mood swings. Chapter 14 of my book, Wellness Uprising, contains a comprehensive list of mood-enhancing supplements & strategies.

But what happens when we're exposed to germs (which we are about 60,000 times a day)? Our immune system naturally takes the offensive and a well rested, properly fed body wins that battle nearly every time, usually without us consciously even knowing the fight took place.

Six natural substances known to offer powerful preventative action during cold and flu season are vitamins C and D, zinc, beta



- SEE INSIDE FOR -
New Product: GEM CBD & Herb Sleep Spray
Sunshine Superstars For Treating Colds & Flu
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glucans (the main active ingredient in medicinal mushrooms) and the herbs echinacea and astragalus. The first five can also be used briefly in mega doses at the onset of colds or flu. Astragalus is better used daily in moderate doses more for prevention.

Now extensively grown in the US, astragalus has been the #1 immune enhancing herb used in Traditional Chinese Medicine for centuries. It's slightly warming so it's ideal for winter use. Internationally respected holistically oriented MD, Andrew Weil, stated: "If there was only one herb to take to increase resistance to colds and flus, astragalus would be it."

Research supports using Vitamin C during a cold to reduce the duration of symptoms. Typically, the higher the dose you take the better the results. Liposomal C can be used in mega doses without causing loose bowels. I recommend using it 3-5x a day at the onset of symptoms. A 2017 meta-analysis of 25 vitamin D studies that included over 11,000 participants confirmed that vitamin D supplementation boosts immunity and cuts rates of cold and flu. Zinc deficiency is associated with increased risk for cold and flu. Your body has no way to store zinc, so it depends on a daily supply. Zinc is involved in more enzymatic reactions in your body than any other mineral. Extensive research concluded supplemental zinc shortened the duration of their colds by 30-40% on average. A number of studies have confirmed beta-glucans offer powerful protection against cold and flu compared to those taking a placebo.

Eating right, regular outdoor exercise, a few inexpensive supplements, and **Yellow** is my basic Rx for staying happy and healthy this winter.

New From Green Earth Medicinals CBD Sleep Spray



GEM, the local brand that works

In combination with their industry-leading CBD, Green Earth Medicinals (GEM) fast-acting Sleep Spray's 10 additional herbs work together to support a full night of restful sleep through multiple pathways. Sleep Spray provides mild sedation as well as decreasing nervousness and pain. This formula works to increase the levels of GABA, the main calming neurotransmitter in our central nervous system.

GEM has, whenever possible, prioritized sourcing their herbs from trusted local organic farms here in Southern Oregon to complement their ultra-pure locally grown CBD.

Each 1 oz bottle of Sleep Spray contains 900 mg of full-spectrum CBD, Passionflower, Lemon Balm, Skullcap, Chamomile, Kava, Prickly Ash, Monkfruit, and Lemon and Lavender essential oils.

Every batch of GEM CBD is quadruple tested for potency and microbial, chemical, and heavy metal contamination. It is also 3rd party tested for the presence of 8 cannabinoids, 18 terpenes, and dozens of other beneficial compounds naturally found in hemp. Dr. Christian Le and his GEM team control every aspect of cultivation and production of their CBD from seed to shelf.

Sunshine Superstars For Head & Chest and Cough & Cold Relief



Lung & Bronchial Tonic from NATURA eases chest congestion, relieves acute and chronic coughs, soothes, nourishes, and enhances the respiratory tract. Can provide serious help even for COPD. **Promotes free breathing. A clear Sunshine Superstar!**

S-Clear pump spray from NATURA supports nasal and sinus health. Reduces congestion and inflammation due to colds & allergies. **Promotes free breathing.**



Throat and Gland from NATURA supports throat health & lymphatic drainage. Use for swollen glands or tonsillitis. If your first cold symptoms are in your throat, this is the one to use.



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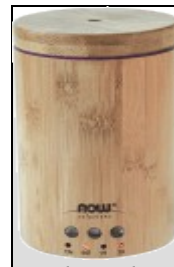
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