

## **Don't Let the Big, Bad Buggies Get You**

**Or**

### **The Evolution of the Flu**

Well, the Masters Games were so much fun this year with long hours of training, merriment and overdoing it. We overstressed our systems and slacked off a bit with our nutrition while being exposed to new germs and bugs, compliments of our many visitors from all over the country.

Then comes Halloween filled with sugary treats to weaken our immune systems.

Now, throw in unstable, erratic springtime weather with extreme heat returning causing many to crank up the aircon too high because we are still used to the cool temps of winter. If our aircon systems haven't been cleaned before turning them on, then bad buggies can hop out of the systems and make us sick.

We go outside and begin to sweat, then into the aircon where we get a chill, back outside to warm up and back inside to cool down. This is usually a cause of what is known as "Shut Down Flu".

We drink heaps of cold, sugar soft drinks and sports drinks but not enough good quality filtered water. More sugar will dehydrate us and weaken our immune systems even more.

Now that our immune systems are compromised from overdoing it and too much sugar, an influx of new strains of germs, seasonal allergies, the awakening of dormant buggies in our aircon systems and having to wear a jumper in our over-chilled offices and shops, then comes the runny nose.

We wipe the nose drips with our hands, sleeves and anything else close by and convenient. Next, the runny nose begins to drip down the back of our throats making it raw and scratchy. Our lungs now build up with fluid and our scratchy throat makes us cough.

We try to ignore the symptoms, power on and go to work, school, shops and meetings. We cough into our hands before we grab the door, pen, office phone, trolley handle, type on the computer or enter our pin number on a keypad. It's not just kids that are great at sharing buggies!

First line of defence – Quarantine the sickies! Don't let them go to work, school or out to infect the masses. Don't let them hang out in the lounge room in front of the tv where they will spread their germs, cough and leave their used tissues all over. Don't forget to disinfect the remote if they touch it!

If you are alone, Order food, medicines and necessities online or on the phone for home delivery or ask a friend or relative to get what you need.

Drink plenty of non-sugary drinks and water, Matcha tea is high in Vitamin C, make some chicken soup, eat plenty of fresh fruit and veg and get plenty of rest.

If you must go out, wear a face mask and wash your hands often, especially after each time you blow your nose. Don't forget to disinfect the trolley handles!!!

If you're not feeling better in a week or two or it has shifted to your lungs, CALL your GP. If your immune system is weak or compromised, sitting in a doctor's waiting room with a group of people coughing and sneezing might not be the best idea. Talk to your GP before infecting others.

Welcome to the Flu Season!

Be Well and Take Care,

Pen Klohs, Nutritional Therapist

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