

Whole Living

Fall 2009



HOLISTIC HEALTH
ASSOCIATES



**Health is not simply the absence
of
sickness.**

-Hannah Green

Q. I am always catching every cold and flu that's going around in the Fall and Winter. Is there anything I can do to make my immune system better?

A. Yes, there are things you can do to improve your ability to resist catching "everything".

The two most common reasons for your experience are that either your Wei Qi (defensive Qi) is weak or that you've got some dampness and phlegm lingering in your body providing an easy hiding place for pathogens to enter your system and get a foothold or that you have both conditions.

For weak Wei Qi, if your weakness is not too extreme or deep-seated in the body, taking a tincture of an immune tonic like Astragalus beginning in the Fall and through the Winter may produce a lot of improvement. If you need to cleanse dampness and phlegm (and you would know this if you suffer with any of the following: constantly congested, have post-nasal drip, seasonal allergies, mucous in your stools or for the gals menstrual blood, problems anywhere in the body with yeasts or funguses) start with eliminating dairy products and white flour from your diet. And then add lots of fruits and veggies. These are **very cleansing**.

These simple measures can sometimes improve a person's immunity dramatically. But your individual situation may also require the help of acupuncture along with an individually tailored Chinese herbal formula or two if it's more complex. So if these are not enough to make a big improvement, you may want to come in for a consultation. Good luck and don't give up!

You don't have to keep catching everything.

