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Winterize your Immune System – Start Early. Be Prepared.

As winter inevitably approaches, the cold and flu season starts making its ugly appearance. Think you are completely protected with the flu shot? Think again! The particular strains of flu virus in the vaccine aren't the only ones you should be worried about. Other strains, and even the simple cold can cause weeks of coughing, runny noses, and general malaise during the winter months. The goal of Naturopathic treatment is to work with the body's defence mechanisms by enhancing the immune function, rather than suppressing symptoms with common over-the-counter medications. In this issue, read about our Cold and Flu Prevention Program, an annual special back by popular demand. Read on for more information on Vitamin D, the sunshine vitamin.

The Naturopathic Cold and Flu Prevention Program



Looking to prevent the complications of colds and flus? . . .

Looking to strengthen your natural immune response? . . .

Looking for a flu shot alternative?

WE'VE GOT THE ANSWER.

**THE NATUROPATHIC COLD & FLU
PREVENTION PROGRAM**

The Cold and Flu Prevention Program is designed to reduce the frequency, duration and intensity of colds and flus. In other words, less sickness, fewer days of sickness and less severe symptoms.

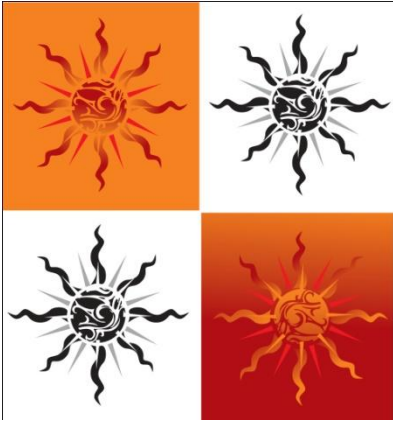
Both children and adults benefit from a strengthened immune system. Children typically pick up lots of viruses through school and other activities, while adults are inconvenienced by an interrupted work schedule if either they/their children are sick.

This program can be used in combination with the flu shot, but remember, the flu shot only protects against some flu viruses, and in five of the past seven years, it hasn't protected against the most common virus out there. A better approach is to have a stronger natural immunity to all viruses and infections.

To begin with the Cold and Flu Prevention Program, book a short 15 minute visit with our Naturopathic Doctor. During your visit a simple immune booster is given and immune support products, including a Vitamin D liquid, are provided with advice for sustaining healthy immunity through the fall and winter months.

**Special Package rate for October & November is \$85 per person (regular price \$125)
Family rates are available**

Vitamin D: Immune Health



As our summer comes to an end and our time spent out of doors enjoying the sun dwindle, so does our body's vitamin D. In northern climates, vitamin D drops considerably during the fall, winter and spring months meaning we all need to supplement with vitamin D.

A low vitamin D level has been associated with much more than just osteoporosis. Heart disease, various cancers, multiple sclerosis and other autoimmune diseases are all known to be related to low levels of vitamin D.

In Canada, most people lack vitamin D, so be sure to ask your Naturopathic Doctor the best dosage for you at your next visit to the clinic!

Did You Know...?

A recent study compared the night time use of honey, a cough suppressant or no treatment at all in 105 children with upper respiratory infections before going to bed. Children who received honey demonstrated the biggest decrease in frequency and severity of coughing, as well as the best quality of sleep. **Arch Pediatr Adolesc Med 2007;161(12): 1140-1146.**

Garlic, Chickpea and Spinach Soup

A nutritious and warming soup excellent to boost the immune system. Serves 6 people.

2 tbsp olive oil
 4 cloves garlic – crushed and chopped
 1 onion – roughly chopped
 2 tsp ground cumin
 2 tsp ground coriander
 4 cups vegetable stock
 2 large sweet potatoes (or yams)
 15 oz. can chickpeas – drained and rinsed



1 tbsp arrowroot powder (or cornstarch)
 2 cups almond milk
 2 tbsp tahini
 4 cups spinach – rinsed, large stems removed and roughly chopped
 Cayenne pepper, sea salt and ground black pepper

1. Heat the oil in a large saucepan and cook the garlic and onion for 5 minutes, or until softened and golden.
2. Stir in the cumin and coriander and cook for another minute.
3. Pour in the stock and add the chopped sweet potatoes to the pan.
4. Bring to a boil and simmer for 10 minutes. Add the chickpeas and simmer for 5 minutes more, or until the sweet potatoes and chickpeas are just tender.
5. In a medium sized bowl, blend together the arrowroot powder, almond milk and tahini. Add cayenne, sea salt and black pepper according to taste preference. Stir into the soup with the spinach.
6. Bring to a boil, stirring, and simmer for 2 minutes. Serve immediately with a little more cayenne pepper.