



Banyan Wellness Center

Back to School



Kids are now back to school. This means that it's time we

make sure those immune systems up and running optimally! Here are a couple of suggestions you could do to help your child(ren) maintain a healthy immune system:

1. Children's Cold and Flu Tincture - This is an herbal blend of herbs to help support the immune system and can be used preventatively and acutely.
2. "Fit For School" Probiotics - A lot of our immune cells are made in the gut. Providing our digestive tract with healthy bacteria, helps to ensure that our body can make a good amount of our immune cells to help fight against pathogens.
3. Diet and Sleep - Eliminate intake of excess sugar (this includes juices) and refined carbs as that will weaken our immune system, cause inflammation, and allow for bacteria and viruses to flourish. If juice is part of your kid(s)' diet, dilute it in at least 50% water. Also, ensure your child(ren) is getting at least 8 hours of sleep as this is the time the body

Supporting Our Immune System

In conjunction with vitamins and herbal medicines, there are simple things you can do to support your immune system. Just like we make sure our kids get enough sleep, we too should be getting enough sleep. Sleep allows our brain to detox, repair, and regenerate itself. This doesn't happen when we are awake. Sleep also allows other systems in your body to rest and recuperate. But if your sleep is disturbed, your immune system is too. Part of getting quality sleep is reducing your stress. If you tell yourself that you aren't stressed, then ask yourself how your quality of sleep is.



- Are you taking a while to fall asleep?
- Are you waking up a couple of times per night?
- Are you not waking up refreshed?
- Are you easily irritated, frustrated, overwhelmed, or angered?

If the answer is yes to any of those questions, then stress can be a factor in your quality of sleep. Stress can definitely impair the function of our immune system due to the physiological and chemical repercussion stress puts on our body. Stress can also affect the way we eat and the amount of water we drink,



which is vital to ensuring our immune system is supported properly. Take time to destress and relax. Take time for yourself.

Supplement of the month

The products of the month are the Immune Booster Injections and the Hevert's Cold and Flu.

The homeopathic Immune Booster Injection will support your immune system to reduce severity and duration of symptoms of the cold and flu, particularly the early stages. Since it is 100% absorbed, it also helps reduce recovery time. Research has shown activity against viral infections such as influenza, adenovirus Type 5, Respiratory Syncytial Virus (RSV), and Herpes Simplex type 1 (HSV 1). This is safe to use on individuals ages 2 years and above.

The Hevert's Cold and Flu tablets are quick dissolving and can gently relieve symptoms of any cold and flu symptoms. While the ingredients in this product are homeopathic, caution is still taken if you are allergic to Echinacea or other daisy plant family, the cashew family, or are lactose intolerant.

Both products are homeopathic, therefore, should not create any negative side effects or interactions with any medications or supplementation. If you do experience negative side effects please contact our office. The discount will end 10/31/2019.

Did you know that a sedentary adult living in a temperate climate will utilize about 80oz of water just to maintain balance? That doesn't even factor in climate, level of activity, diet, and body composition. So, remember to drink enough water because that can impact our immune system. Your body needs the water to make energy which in turn will help all of your cells function optimally.

A lot of our immune cells are made in the gut. A diet high in sugar and refined carbs will increase inflammation in our body which would make it difficult for our immune system to focus and fight against infection. Try adding in probiotics into your diet, whether it's from food or through a good source of supplementation, to ensure that your digestive tract is filled with good bacteria.

Acupuncture can also be beneficial in supporting and improving our immune system.

In Traditional Chinese Medicine, our Qi - essentially our energy - travels through pathways called meridians. Qi is what keeps us vital and strong. When our Qi is deficient or blocked, our vitality



goes down. Therefore, we are more susceptible to illnesses and diseases. Acupuncture can help increase your Qi by allowing it to move more freely throughout the meridians thereby keeping us more vital. If you are experiencing muscle pain or any upper respiratory issues such as congestion, then along with acupuncture, cupping will help. Cupping will help to draw out toxins and give your body the opportunity to flush it out. It can also help relieve muscle pain and tension.

When we take care of ourselves properly, we can think clearly, become more productive, and more capable to care for our families. Take preventative measures so that you and your family are healthy and happy this fall and winter season!