

## Winter Warmers



The winter season is upon us, and for many, this means cooler days and longer nights. Like the other seasons, winter requires us to prepare ourselves so we can fully embrace the chilly temperatures.

### Wardrobe Change

Now is the time to dust off the jackets and bring forward the jerseys. This is a great time to look through your clothing items and stock up on essentials and extras to keep you warm. Set aside the clothes that no longer serve you & those items you no longer want. These could make a big difference in someone else's life. Ensure that all heating systems are in excellent and safe working condition. Take the time to teach your family how to use and store these heating items safely.



### Meal Planning

Hearty stews and warm desserts always bring us comfort and warmth; this is why the winter season is a notorious time for gaining a few kilos. Our bodies burn the food we eat to keep us warm and energetic. When we eat foods that are very processed and high in sugar, we might find ourselves craving more and more. That may be followed by tiredness and the desire for a nap. Try your best to ensure that all your meals are varied. Whole grains such as bulgur wheat, barley, quinoa & buckwheat pair well with veggies & different meats to make hearty soups and stews. These combinations of foods release energy more slowly & this keeps you fuller for longer. It also helps to keep the winter weight at bay.





## Vaccination

The flu season starts as the temperatures drop. Over the years, we have seen that we can easily be at risk of getting ill. “Flu” is a blanket term of an illness that presents with a variety of symptoms that include: a sore throat, a blocked or runny nose, headache, congestion, fatigue, coughing, a tight chest, fever and chills. There are over ten different viruses that can cause Flu! Influenza, Rhinovirus, Respiratory syncytial virus (RSV) and Corona-virus are some examples. Since April this year, we are seeing large numbers of adults and children that are ill. These viruses are the usual culprits. The symptoms vary between mild illness and severe cases that may require hospital admission. The flu is easily passed on from person to person.

The flu vaccine offers protection against the four most common strains of the Influenza virus. Getting vaccinated against the flu means that if you are exposed to influenza, you may have minimal symptoms or you may not fall ill at all! The flu vaccine is updated every year based on how these influenza strains have changed or mutated over the years. This is an excellent



idea for the whole family! Especially for those who are very young i.e. children, those who are pregnant and those who have other chronic illnesses. Read up on the flu vaccine and consider getting it for yourself and your loved ones.

Should you or a loved one fall ill, make the time to see your doctor for assessment and expert advice. Mild illnesses can be managed with rest and over the counter medications. Moderate illness may require more specified medication. Severe illnesses may require admission and hospital care. Remember that it is always a good idea to seek healthcare.



## Supplements and Medication

This is good time to replenish the medicine cabinet at home. Here are some items that can come in handy:

- Paracetamol for pain and fever
- Antihistamines for allergy symptoms
- Cough syrup for coughs
- Nose spray for blocked noses
- Something for stomach cramps, indigestion, nausea and diarrhoea

Consulting a medical doctor ensures that you will get medical advice that is specific to you and your family.

Home remedies such as honey, ginger, mint, lemon, wintergreen and menthol rubs

can offer relief as well in times of illness. Vitamin C, vitamin D, Zinc, Magnesium and Vitamin B can be taken as daily supplements that can also help improve your immune system.

Our daily lives continue in the winter so make the effort to keep physically active. Go out for a walk to soak in some sunshine. Try a new recipe for dinner. Give away some items to help another person who may be in need. Remember to cover the nose and mouth when you sneeze and cough. Stay at home when you are unwell and continue to wash your hands often.

