

Health Tips from Dr. Noreen Long*

Here in Black Mountain we have fog, mist, drizzle and damp nights. March adds larger seasonal changes to the daily, almost hourly, fluctuations in our mountain weather. Many of my patients become more susceptible to colds during this time.

Sneezing, scratchy throat, runny nose -- everyone knows the first miserable signs of a common cold.

- But what is a common cold really?
- What causes you to catch colds frequently while your best friend stays well?
- How can you prevent getting a cold this season?

Health Tips to help you protect yourself and your family from getting the common cold

Although more than 200 viruses can cause the common cold, the perpetrator is usually the rhinovirus, which is to blame for causing 10% to 40% of colds. Also, the coronaviruses cause about 20% of colds and the respiratory syncytial virus (RSV) causes 10% of colds.

The rhinovirus (or other cold virus) enters your body through your nose or mouth and is easily spread when you touch someone or touch common objects (the computer keyboard or mouse, the telephone receiver, a doorknob, or eating utensils). If you aren't cautious about hand washing, you can spread the common cold to family, friends, co-workers, and people you've never met at a restaurant or the supermarket. **Hand sanitizers** will help prevent the spread of a cold. **Please cover your mouth with your bent arm, instead of catching your sneeze in your hand.** Although a cold can be mild, it can spread through a family.....several times with different variants of the original organism. So, prevention becomes very important. Some estimates state that **Americans suffer 1 billion colds annually!**

Most of us can resist "the bug" if we get a good night's sleep and avoid cane sugar foods and caffeine drinks. Taking a whole food multivitamin with digestive enzymes is also a good way to become healthier and resist infection. **Black Mountain Natural Foods and Sunshine Pharmacy** have excellent vitamins in stock, as well as botanical compounds and homeopathic remedies. Some supplements are specifically designed to help our immune system handle the specific kinds of temperatures, humidity and spores and pollen in our specific region.

Recent medical studies have shown that **antibiotics will not reduce the time you are sick from a cold and antibiotics will not reduce your sinus headache.** Antibiotics are often prescribed, especially for children, even though it is the wrong treatment.

Here is what will help you get well faster & feel better:

- Drink extra water
- get extra rest
- avoid sugar and caffeine
- eat healthy foods
- take whole food vitamins and herbal remedies....ask an expert for advice

I guarantee that you will feel much better much sooner and of stay healthy longer!

If your symptoms that last more than a week, you need Acupuncture & Chiropractic Care. It is very important that your body receive this treatment.

*some information shared on www.webmd.com site for public use