PETERBOROUGH
NATUROPATH

Keeping Your Family Healthy

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It has been said that healthy families are the basis of a healthy society. And according to a new area of research called "epigenetics" we know that the health of future generations begins with how people behave in the present. First nation peoples know this; it's dubbed the Seven Generations rule. This means that any action that you take now, has an effect for seven generations to come. This is proven to be true on many levels: the physical, the mental and emotional, and the spiritual levels. Healthy parents pave the way for healthy members of society, and healthy future parents.

Healing takes time:

This is sometimes difficult in a society where we are so busy striving to accomplish things on a material level, or keeping up with scheduled activities, that we find it difficult to take time out when someone is ill. For example, preparing healthy meals provides not just good nutrition but also creates family time; an opportunity to discuss plans or events of the day or simply to express your mind in an accepting environment. Taking the time to prepare fresh food for your family is a gift of love that prevents illness and provides not only a healthy body, but a healthy family.

Nurture your loved ones:

During times of illness, taking time out with your child, spouse, or self, is a requisite for healing. By turning your full attention to your family member when they are ill helps them to respond more quickly on all levels. Nurturing helps one heal from illness faster and more thoroughly. In this era of instant results, this sometimes seems like a waste of time. In times past, a person could easily die from the flu or an infection, so people were a lot more careful with loved ones' health and accepted their convalescence as part of the cure.

Current practice is to suppress symptoms and get the person back to normal function and routine as quickly as possible, often using drugs to accomplish this. But the process of healing is as important as the cure, and time is required for all things. Being cared for when you are ill goes a long way in the healing process.

Natural approaches to illness:

During times of illness, food quality is crucial. Easy to digest, nourishing broths and soups provide the person with nutrition they need to heal. Plenty of fluids, including herbal teas such as chamomile, rose-hip, linden and peppermint, help the immune system to function better, as the lymphatic system carries away impurities. Sweets, fats and cold foods, which suppress the immune system, increase phlegm, and require precious energy to process, are to be avoided. Including circulatory herbs such as cayenne and ginger, by adding to homemade soup or porridge, help further to bring the nutrients deep into the tissues where they are needed.

Natural Health Products:

When it comes to natural health products, increasing vitamin C can help the immune system function better. Hot water with lemon, honey and ginger, or fresh fruit and vegetables are high in vitamin C and can be soothing for the throat. Herbs such as echinacea, astragalus and elderberry can also help to fight infections and support immunity. These are best taken in liquid form, either as a tea or as a tincture added to water or pure fruit juice.

Often it is beneficial to have your own natural "first aid" cupboard in case someone in your family gets ill. For the winter months, you may wish to have these items on hand. For the busy caregiver, having natural medicines available can be empowering if faced with a sick family member, especially during the night or on the weekend when your doctor is not available.

If you or a family member are frequently sick during the winter months, it may be beneficial to take an immune supplement daily for prevention. There are also very effective homeopathic protocols for flu prevention. As always, it is best to consult with a qualified health practitioner for an individualized approach to health and wellness.

Yours in health,
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