

5 Ways to Prevent Illness



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Drink water

As most things on this list, it seems too simple to “matter”. But our bodies can’t run well if we’re not fully hydrated. How much? A good rule of thumb is your weight (in pounds) divided by two. That is the number of ounces most people will need each day.

Sleep

Most adults get approximately 6 hours of sleep each night where they really need more like 8-9 hours. If you’re already sick, add a nap. When your body is fatigued, it doesn’t have the strength it needs to fight off illness. Keep illness at bay by getting more sleep to begin with; but help recover quicker by ensuring you rest more.

Eat whole foods

The more whole, fresh foods you can eat, the better off you’ll be. Strive to eat foods without a label—where you don’t have to worry about deciphering the ingredient list (and neither does your body!). When your body doesn’t have to “learn a new language” in decoding foreign ingredients, it can focus on targeting real germs and foreigners; and it will have the things it needs to get it done. If your great-grandmother wouldn’t recognize what it is, your body probably won’t either—and won’t know what to do with it.

Take probiotics

Most people eat a yogurt and think they’ve got their daily dose of probiotics. No so. Yogurt has one type of beneficial gut bacteria, but a store-bought, refrigerated variety of probiotic contains several strains to populate your intestine with a great community of bacteria that are experts in fighting off illness that enters through the intestinal tract (the more common point of entry for illness). Studies done on children found that the incidence of illness in children taken probiotics was lower, and the duration shorter.

Take a multivitamin

Even when you eat well, stress and environmental toxins can deplete your body of the nutrients it really needs. When your body doesn’t have what it needs, it’s harder to stay well. Taking a multivitamin helps to ensure that those gaps are filled.

These are just suggestions to help you get to the heart of your health and wellness challenges. If your issue is resolved using these tips... GREAT! Sometimes, the picture is more complicated. If you need additional assistance, let's talk.

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