

# Wellnecessity News...

Wellnecessity... Because Wellness is a Necessity

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## About Us...

Mary Jo Kurtz is a certified holistic nutritional counselor and lifestyle coach. She is a graduate of the Institute of Professional Empowerment Coaches, the Institute of Integrative Nutrition and Columbia University. She is a member of the American Institute of Drugless Practitioners.

Mary Jo provides counseling to individuals who are looking for a holistic approach to better health and well-being. She incorporates traditional Eastern and cutting-edge Western nutritional perspectives that can easily be applied for healthy lifestyle changes. Her areas of focus include diabetes, celiac disease, rheumatoid arthritis, fibromyalgia, weight loss, women's hormonal issues, and children's health.

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in finding out how  
holistic nutritional  
counseling and lifestyle  
coaching can work for  
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session is on us!**

## Our Top 10 Remedies For Cold & Flu Season

After the stress of the holidays our bodies are run down and it's no wonder that colds and the flu run rampant! Our resistance is low from lack of sleep, stress and, of course, a diet of less than nutritious foods that tend to be typical holiday fare. So, when germs come our way, there's a good chance we may not feel our best. We thought we'd share some of our top picks for these occasions.



### *Lemons*

One trick we use at the first sign of a sore or scratchy throat is to chop up half a lemon and put it in the blender with a small amount of water—skin and all! Blend and drink the whole thing. If that's too strong use just the juice. You can also enjoy sipping hot or warm water with fresh lemon juice and some organic raw honey. For even more relief you can add fresh ginger. This is helpful for cough relief but remember ginger is spicy. So for sore throats you may want to skip the ginger.

### *Garlic*

We love garlic and cook with it in almost everything! But when garlic cloves are eaten raw they have anti-viral, anti-bacterial, and immune boosting benefits. At the first sign of a cold, mash or chop a clove and either swallow it or add it to some food just before eating. Cooking can destroy some of the benefits but adding more garlic to your cooking will still provide some of the same effects.

### *Probiotics*

These supplements can help boost immunity by supplying

large supplies of healthy bacteria to the intestinal tract. Since nearly 400 different types of bacteria normally live in the intestinal tract, maintaining a balance of "good" and "bad" bacteria is important to your health. When this balance is upset, your health can be compromised. To help alleviate that, probiotic supplements can be very helpful. They come as tablets, capsules, powders, and refrigerated liquids. You can also get probiotics from eating yogurt, acidophilus milk and kefir (make sure they are labeled that they contain L-acidophilus). Remember, whenever you take antibiotics they kill off the "good" bacteria and this causes an imbalance. In that case, probiotics are a must!

### *Neti Pot*

This is an all-time favorite of mine! Used to flush the nasal passages with a salt water rinse, this simple technique can relieve sinus congestion and other symptoms more than saline sprays and many other medications. It will clear the nostrils for easier breathing, remove excess mucous, reduce allergens in the passages, and relieve nasal dryness. Don't be intimidated by this practice. Once you have felt the effects you may consider making this a daily habit. You can purchase a neti pot online or at your health food store. When you get brave you can try adding other antiviral and antibacterial oils or powders to your warm water. This is a must for anyone suffering from nasal congestion, allergies, etc.

### *Supplements*

There are a myriad of supplements available to help fight colds and flu, however my top two favorites are Chinese

Goldenseal Root and Olive Leaf Extract. Golden Seal Root is considered one of nature's greatest antibiotics. It is extremely beneficial in relieving congestion and fighting infection. It is also beneficial to the liver, gall bladder, circulation, veins and pancreas.

Olive Leaf Extract is from the leaves of the Mediterranean olive tree. It is an excellent antimicrobial and antibiotic. In addition to helping fight colds and flu it has been reported to aid with various types of infections and chronic conditions such as chronic fatigue, fibromyalgia, and rheumatoid arthritis. The most important factor for me when choosing a brand is good quality. Both are always on hand in my house.

### *Essential Oils*

Therapeutic grade essential oils can benefit your respiratory system and your entire body by supporting your body's natural defense system. Unlike antibiotics, they do not kill off the beneficial bacteria in the intestines. They also don't make you drowsy or present a problem to the kidneys or liver by putting harsh chemicals in the blood stream. Oils can be applied directly to the body, often with a carrier oil or can be taken internally in very small amounts. They can also be diffused in the air (breaking up into a fine mist) to aid the respiratory system. My favorites for chest congestion are eucalyptus and lavender oil mixed with a carrier oil such as grapeseed, jojoba, or olive.

### *Whole Foods Diet*

When we are feeling under the weather a light and simple diet of whole fresh foods is best. The body needs (page 2)

## Food Focus: Warm Salads

It's winter and we all crave warm comfort foods. As a result, the one thing that tends to diminish from our peoples diets this time of year are salad greens and other veges. A favorite trick that I enjoy is to warm my salad dressing. It gives the salad a slightly different taste and makes me feel warm and satisfied. Try it and enjoy! Here's a recipe for you:

Dressing:

¼ cup Olive Oil  
 ¼ cup rice vinegar (or apple cider)  
 2 Tbs. Tamari  
 ½ tsp. dry mustard  
 ½ tsp. curry  
 1 clove garlic, minced  
 ½ tsp. sea salt  
 ½ tsp. pepper

Blend ingredients in Blender or with whisk. Warm slightly. Drizzle over spinach salad, other salad greens or steamed veges.

### Continued From Page 1

as much energy as possible to fight all that is going on inside and if it has to utilize energy digesting heavy foods there is less energy for healing. So, go with a limited diet and focus on incorporating as many of the healing foods as possible. A delicious bowl of homemade chicken soup is still a great idea!

### Sleep

Never underestimate the importance of a good night's sleep. When you're under the weather this is not the time to try to accomplish everything on your to-do list. Give your body every advantage to conserve energy and use it to heal yourself. In the long run – your down time will be shortened.



### Exercise

As a preventative measure keep up your exercise routine even in the winter! Physically active people are reported to catch fewer colds and respiratory infections.

### Wash Your Hands

Of course we've all heard this before – but today this can't be stated too often. Recent studies even report that there is greater risk of passing infection from shaking hands than from sharing a kiss! So, make sure you use soap, warm water and wash for 30 seconds!

## Health Corner – Understanding Food Allergies and Intolerances

If you experience unexplained headaches, migraines, nausea, gas, bloating, irritable bowel or another chronic condition it is likely that an allergy or intolerance to something in your diet is at the root of it. We all know that while these conditions can be bothersome or worrisome for adults, as a parent with a child suffering from any of these conditions it can be much worse. And now new data suggests that some childhood conditions such as ADHD, autism, and asthma may be related to food allergies and intolerances. We cannot stress enough to young and old alike, that any symptom, even something minor, over the long term can affect the body and contribute to serious health issues.

The most common food sensitivities are to shellfish, eggs, milk, peanuts, soy and wheat or gluten. In addition to these foods, there are lesser ingredients that are added to processed foods that could be the real cause and much more difficult to discover. These may include sulfites or other food additives that are used to enhance taste, color and even shelf life of foods.

Some examples of commonly known offenders are yellow dye #5 and MSG.

Unfortunately the only way to determine if a condition is food related is to eliminate the food or, in some cases, the chemical from your diet. As you can imagine, this is not an easy task and is one of the primary reasons people give up trying to find an answer. This is especially difficult for parents to do with children. However, once food intolerances and allergies are discovered the symptoms often end. And with proper nutrition many of the effects can be reversed.

We developed our 7 Day Elimination Diet, part of our Jump Start Program, to support our clients through this difficult process. We support you to eliminate possible culprits and guide you to begin listening to your body. This is critical in discovering which foods can heal and sustain you best. Every person is different and our individualized approach enables us to assist you to develop a life-long eating plan that will help you feel vibrant again. Our clients who

have completed the program have lost weight, cleared up long-time chronic conditions and have successfully changed their eating habits. They now enjoy energy and a greater sense of well-being.

Tune in to our tele-gathering January 31 at 8:00 EST to find out more about our Jump Start Program. Email us for call details. There are no fees other than your normal phone charges. See you then!

## Upcoming Events...

### Winter's Best Foods Cooking Class

Friday, February 1st  
 10:00am – 12:00pm  
 503 Brooklyn Blvd.  
 Sea Girt, NJ

Come experience some of the winter foods you can use to keep you and your family healthy this season.

Fee: \$35  
 Pre-registration required  
 Phone: 732.449.3887

Thursday, January 31st  
 FREE Group Tele-Gathering  
 8:00 – 9:00pm

Join us by phone to find out about our 4 Week Jump Start Program and the 7 Day Elimination Diet. Get on the road to better health today! The 4 week series begins Feb.6th. Only your personal phone charges apply. PJ's allowed! Call or email to register and we will provide you with call-in information.

Thursday, February 7th 7:30 – 8:30 pm  
 FREE Lecture @ Sensibilities, Sea Girt, NJ  
 NO DRUGS or GOING UNDER the KNIFE  
 Discover Beauty, Hormonal Health and Sexual Vitality. An introduction to the natural way to women's health and beauty through better eating and lifestyle habits.

Visit us at:

[www.wellnecessity.com](http://www.wellnecessity.com)

Or phone

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