



## Flying by the Flu

### 9 Ways to prevent the flu that natural way.

Worried about getting the flu? On a college campus sickness can spread fast, especially students who live in the dormitory. We have been given the task of serving the students, and our community, so we can not avoid interacting with people, but we can do our best to avoid getting sick.

With no cure in sight for the cold or the flu, current treatments can at best bring symptom relief or shorten the duration of those symptoms. You can take one of a variety of medications that may help relieve your symptoms. Or you can take the natural approach, that may help you feel better along the way.

Andrews University has already released a brief message regarding policy and procedure related to preventing the spread of flu, (posted on September 10th, 2009) and is currently available on the main website ([www.andrews.edu](http://www.andrews.edu)). But in addition, we would like to give you 9 practical and natural ways to protect you and your loved ones from getting sick.

#### No. 1: Blow Your Nose Often -- and the Right Way

It's important to blow your nose regularly when you have a cold rather than sniffing mucus back into your head. But when you blow hard, pressure can cause an earache. The best way to blow your nose: Press a finger over one nostril while you blow gently to clear the other. Wash your hands after blowing your nose.

#### No. 2: Stay Rested

Resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle. This battle taxes the body. So give it a little help by lying down under a blanket.

#### No. 3: Gargle

Gargling can moisten a sore throat and bring temporary relief. Try a teaspoon of salt dissolved in warm water, four times daily. To reduce the tickle in your throat, try an astringent gargle -- such as tea that contains tannin -- to tighten the membranes. Or use a thick, viscous gargle made with honey, popular in folk medicine. Steep one tablespoon of raspberry leaves or lemon juice in two cups of hot water; mix with one teaspoon of honey. Let the mixture cool to room temperature before gargling.

#### No. 4: Drink Hot Liquids

Hot liquids relieve nasal congestion, help prevent dehydration, and can soothe the uncomfortably inflamed membranes that line your nose and throat.

#### No. 5: Take a Steamy Shower

Steamy showers moisturize your nasal passages and relax you. If you're dizzy from the flu, run a steamy shower while you sit on a chair nearby and take a sponge bath.

#### No. 6: Use a Salve Under Your Nose

A small dab of mentholated salve under your nose can open breathing passages and help soothe the irritated skin at the base of the nose. Menthol, eucalyptus and camphor all have mild numbing ingredients that may help relieve the pain of a nose rubbed raw.

### No. 7: Apply Hot or Cold Packs Around Your Congested Sinuses

Either temperature may help you feel more comfortable. You can buy reusable hot or cold packs at a drugstore. Or make your own. Take a damp washcloth and heat it for 55 seconds in a microwave (test the temperature first to make sure it's right for you.) Or take a small bag of frozen peas to use as a cold pack.

### No. 8: Sleep With an Extra Pillow Under Your Head

This will help with the drainage of nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box springs to create a more gradual slope.

## Recipes



### Pumpkin Bars

#### Bars:

- 4 eggs
- 1 cup vegetable oil
- 15-ounce can pumpkin
- 2 cups sifted all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 2/3 cups granulated sugar

#### Icing:

- 8-ounce package cream cheese, softened
- 1/2 cup butter or margarine, softened
- 2 cups sifted confectioners' sugar
- 1 teaspoon vanilla extract

### No. 9: Don't Fly Unless Necessary

There's no point adding stress to your already stressed-out upper respiratory system, and that's what the change in air pressure will do. Flying with cold or flu congestion can hurt your eardrums as a result of pressure changes during takeoff. Take nasal spray with you to use just before takeoff and landing.

#### Do your best

Remember, serious conditions can masquerade as the common cold and a mild infection can evolve into something more serious. If you have severe symptoms or are feeling sicker with each passing day, see a doctor. A combination of a healthy diet, exercise, water, and plenty of rest will always improve your general health. Take advantage of the Sabbath and be renewed and revived. Don't let the flu, get you!

*Portions of this article were taken from <http://www.webmd.com/cold-and-flu/9-tips-to-treat-colds-and-flu-the-natural-way?page=2>. Information regarding cold and flu prevention in this article should be considered as suggestions and should not replace instructions from a medical professional.*

#### Preheat the oven to 350 degrees F.

Using an electric mixer at medium speed, combine the eggs, sugar, oil and pumpkin until light and fluffy. Stir together the flour, baking powder, cinnamon, salt and baking soda. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth. Spread the batter into a greased 13 by 10-inch baking pan. Bake for 30 minutes. Let cool completely before frosting. Cut into bars.

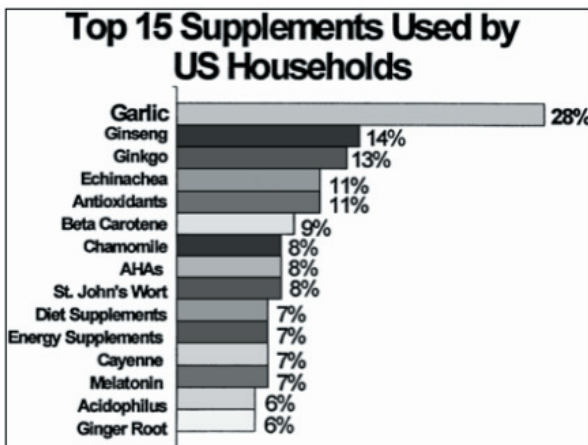
**To make the icing:** Combine the cream cheese and butter in a medium bowl with an electric mixer until smooth. Add the sugar and mix at low speed until combined. Stir in the vanilla and mix again. Spread on cooled pumpkin bars.

# Health Tips

## The power, strength, & legacy of Garlic

This ancient healer is making a comeback

Looking for a remedy for cold and flu this season? You may not have to look very far. History tells us that the potency of garlic has been acknowledged for more than 500 years. In the ancient times, garlic was used as a remedy for intestinal disorders, flatulence, worms, respiratory infections, skin diseases, wounds, symptoms of aging, and many other ailments. Through the middle ages into World War II, the use of garlic to treat wounds surfaced repeatedly. It was ground up or sliced and was applied directly to wounds to inhibit the spread of infections.



Garlic has been used for many years to prevent health problems including colds, flu, menstrual pain, high blood pressure, coughs, gastrointestinal problems, atherosclerosis, and bronchitis. Garlic has been proven to kill various fungal infections, viruses, bacteria, and intestinal parasites. Also labeled as an antioxidant, garlic may help prevent certain cancers such as colon cancer and can improve the effectiveness of the immune system. Garlic is most popular for its effectiveness of cardiovascular wellness. Garlic is effective treating atherosclerosis, high cholesterol, respiratory infections, and triglyceride levels.

For best results, fresh garlic or preparations that mimic it need to be used. Dried or cooked garlic, as well as garlic oil, lose a significant amount of potency during processing (though they aren't worthless and are still beneficial to eat as food). Preparations used for medicinal purposes should state that they have allicin potential of at least 6,000 mcg on the label. Alternately, eat one chopped clove of fresh garlic per day. (The fresh garlic that has been peeled and sometimes minced and sold in jars in the grocery store is not potent enough.)



Garlic makes a wonderful health supplement but the garlic cure is no substitute for the basics: sensible eating and appropriate exercise. Garlic should be seen as part of a healthy lifestyle - not as an alternative to it. Always consult your doctor first regarding any medical condition.

## Links



[www.lakelandhealth.org](http://www.lakelandhealth.org)

AhealthyU has established a partnership with Lakeland Health Care to provide you with a wider variety of resources and opportunities to improve your health. Lakeland offers several classes each month ranging from lectures and seminars, to exercise and fitness. Their website provides a link where you can find out what is available to you in each of their three main campuses. You can also download a PDF version of their calendar of events. Log on today and see what is happening in your community.

## Upcoming Events

Tai Chi Classes Begin  
October 5th  
Monday's & Wednesdays  
11:30-12:00  
Johnson Gym

Healthy Lifestyles  
October 15th  
Thursday  
12:00-1:00pm  
Badger Room

This ancient art of tai chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. The class will be instructed by Xiaoming Xu and they are open to all faculty/staff and spouses for free. No special exercise clothing is needed just avoid tight clothing and wear flat heeled shoes.

Are you interested in losing weight, improving your eating habits, and creating a healthier lifestyle? If so, please join us for a preview and orientation. Melissa Schultz and Linda Wendholdt from Lakeland Healthcare will be here to introduce the 10 week course. Feel free to bring your lunch cafeteria with you to the meeting.