

# Open House

# 2.28.09

# 1-4 pm

Come visit our new  
Environmentally Friendly office!

- Free yoga demonstrations & office tours.
- Meet & greet with Dr. Dhanu Sant and staff.
- Light refreshments provided.

Call for further information!

**614.298.KIDS**



## Part I-Staying Healthy in the Winter.

WholeKids is excited to kick off our newsletter series. We look forward to bringing you interesting articles and ideas throughout the year for preventing illness and promoting wellness.

Winter can be a wonderful time with the holidays, family gatherings and outdoor snow fun in Ohio. However, it is also cold and flu season and illnesses run rampant easily with children being kept inside at home and school.

Our first issue of The Wholistic News is focused on keeping healthy through the winter season. The first part of the newsletter is being sent now and the second part will be sent in the next couple of weeks.

## General Health Ideas - For all Year Long

- Wash hands with warm, soapy water for about 20-30 seconds. Antibacterial soap is not necessary. Also keep hands moisturized as chapped hands or areas of open skin can be the entry point for viruses or bacteria.
- Wash and rinse toys regularly. Warm soapy water will suffice. Inspect toys for cracks and nicks that can harbor germs.
- Make sure that everyone gets enough sleep. People who are sleep deprived have been shown in studies to be more susceptible to illnesses.
- Eat 3-4 servings of fruits and vegetables daily.
- Have soups and broths be part of the winter diet. Warm soups and broths help break up the flow of nasal secretions by thinning the mucous. Some studies have shown inhibition of neutrophils (a type of white blood cell) that trigger inflammation. Onions in soups contain an ingredient called quercetin which is a natural anti-inflammatory and antihistamine.
- Add yogurt to diet if able to tolerate milk. There are soy and other alternatives available. Look for products fortified with live active cultures. The human gut houses about 70% of the body's immune system and yogurt helps in keeping the digestive system healthy.
- Wear hats and gloves; also, zip up coats. It turns out our moms were right about zipping up our coats and wearing hats/gloves! Doing these things keeps our bodies from shivering. In addition, keeping the chest warm prevents the airways in our lungs from becoming cold and irritated. Irritated airways and nasal passages are more prone to infection from viruses and bacteria.

Colds are very common in children. A normal healthy child can have 6-8 colds a year. There are about 200 various viruses that cause colds. Rhinovirus is the most common group of viruses that cause colds. Cold symptoms typically start with clear nasal drainage increasing in quantity over the ensuing few days. The symptoms may then progress to include sneezing, cough and sore throats. The drainage typically becomes thicker and yellow or green in color. Finally, after 7-14 days, the symptoms will begin to subside and the nasal drainage will become clear once more before drying up completely.

## Cold and Flu Facts

Symptoms	Cold	Influenza (flu)
Fever	Occasionally	Usually Present
Aches	Slight	Usual, Often Severe
Chills	Uncommon	Common
Tiredness	Mild	Moderate to Severe
Sudden Symptoms	Usually Appear Gradually	Can Appear in 3-6 Hours
Coughing	Productive	Dry, Unproductive
Sneezing	Common	Less common
Stuffy Nose	Common	Less common
Sore Throat	Common	Common
Chest Discomfort	Mild to Moderate	Often Severe
Headache	Uncommon	Common

## What is a sinus infection?

Sinus infections are difficult to diagnose and recent studies show that pediatricians use different criteria to diagnose the condition. The most common symptom that pediatricians use in diagnosing a sinus infection is the duration of the symptoms. So, if the following symptoms are present, it would be advisable to see your doctor.

- Cold symptoms lasting longer than 14 days or worsening
- Facial pain
- Worsening Cough
- Facial pain
- Headache