

FOR MEN AND WOMEN

# optimyz

**HAVE A  
LEAN &  
CLEAN  
HOLIDAY**

**HERS  
BUSTED: DON'T  
BELIEVE THESE  
FITNESS MYTHS**

**HIS  
BALLS OF FIRE:  
THESE TESTS CAN  
SAVE YOUR LIFE**

**BEAT THE  
WINTER BLUES  
BEST VACATION IDEAS**

**DEEP  
IMPACT**

**TRAIN LIKE  
AN NHL STAR**

CANADIENS' **MIKE CAMMALLERI**  
SUPER TRAINER **MATT NICHOL**  
BRUINS' **TYLER SEGUIN**

## Surviving the cold and flu season

Dr. Julie, my daughter is in high school and she always gets sick both when school starts and into the holiday season. What can I tell her to do to try to avoid colds in school?



**WHEN** children go back to school, the last thing on their mind is probably how to avoid colds. But as a parent, your main goal is to make sure

your kids are healthy throughout the school year so they can perform at their best. This is a great question and should be discussed with your whole family during the cold and flu season.

There are a few recommendations I always pass along to my patients to relay to their loved ones:

- 1** Wash your hands regularly throughout the day and try to wipe down communal areas with disinfectants whenever possible.
- 2** If you have to cough or sneeze, make sure to cough or sneeze into your elbow to help avoid the spread of germs.
- 3** Rest is important in the creation of a healthy immune system. Be sure to schedule enough time to sleep at least seven to eight hours per night.
- 4** Mild-moderate exercise daily also helps to support immune function. Vigorous exercise, however, may suppress immune functioning.
- 5** Stress suppresses immune functioning, so make time to relax and enjoy this holiday season instead of running yourself down.

**6** Avoid tobacco, alcohol, fatty foods, and sugary foods because they suppress immune functioning.

**7** Eat plenty of fruits and vegetables, and drink lots of water because they provide the fundamental building blocks of a healthy immune system.

The most important tip to pass along to your loved ones this holiday season is to take the time to enjoy the learning process in school, the memorable moments with friends and family, and the abundant festivities. After all, laughter and fun are key ingredients to keeping our body strong and healthy to battle any potential colds that might be brewing. **Z**

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*Dr. Julie T. Chen, MD, is an integrated medical doctor with her own practice in San Jose, CA. She's a columnist for several American national magazines. Check out her website at [www.makinghealthyez.com](http://www.makinghealthyez.com).*