



Fall's cooling temperatures signal the start of cold and flu season which also happens to coincide with the return of school. All of that togetherness and close contact means kids will be bringing home more than just their homework, and their parents will be bringing those germs to another place - the workplace. This month's newsletter will help you and your family get ready for cold and flu season.

Fall Into Cold & Flu Season

According to the National Institutes of Health colds occur more frequently in the fall and winter months for a variety of reasons. The most common cold virus thrives in drier, less humid air. This also can lead to drying of the nasal passages which further increases one's risk for a viral infection. [Here's some common sense steps to take along with the most useful vitamins, minerals, and herbs that will help support immunity.](#)



Mind/Body Medicine for a Healthy Immune System

Visual imagery is one of the techniques used in the field of Mind/Body Medicine to assist people in staying healthy, decreasing pain and reducing stress. [See how everyday activities can have a positive effect on cold and flu prevention.](#)



Homeopathic Cold & Flu Care

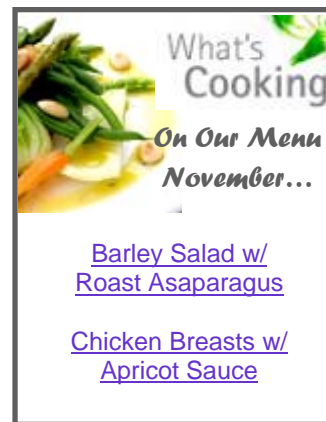
Every person is different and so is their reaction to a particular illness. For example, the same flu virus may cause a slightly different set of symptoms in different people. Under homeopathic care, each person is treated individually considering both physical and emotional symptoms. [Read more about the benefits of homeopathic remedies for healthy immune systems.](#)

Health Tip

Laugh Your Way to Health

Hasya yoga combines laughter exercises with yoga breathing techniques to flush the lungs with oxygen, improve circulation, enhance the immune system, and reduce stress. The mental and physical benefits of laughter are well known; by incorporating yoga elements, these health benefits are enhanced.

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[Barley Salad w/ Roast Asparagus](#)

[Chicken Breasts w/ Apricot Sauce](#)

