



# Quintessential Health Care

*An Integrated Health Resource*

## Why Do I Keep Getting Sick All the Time?

### Message from Milly

Getting sick once is bad enough, but when you come down with ailment after ailment it can really take a toll on your energy, your patience, and your state of mind.

This happens frequently with children, but adults are not immune to frequent bouts of sickness either (especially if they have children!).

If you find yourself catching every single bug, even though you're eating healthfully, washing your hands frequently, etc. it can feel like a real mystery.

In this newsletter, we'll share some lesser-known causal factors of frequent acute illness, plus tips to help you get well and stay well.

Blessings to all (and hang in there, spring's just around the corner!).

*-Milly*



### Tip #1 (for your body): Get More of These 2 Essential Minerals

We hear a lot about the roles Vitamins C and D play in optimizing immunity---and that's very true, so be sure to get enough of these.

**However, less attention is paid to the importance of iodine and zinc.**

These two unsung heroes are critical to strong immune function, yet most adults and children are grossly deficient due to our Western diets. Thus, supplementation is often wise.

Our favorite form of zinc is liquid zinc glycinate for its excellent absorption rate. We carry Pure Encapsulations' liquid zinc glycinate, which tastes like apple juice with no added sugar.

For iodine, you can blend dulse flakes into smoothies and sprinkle them on salads, or use a whole foods supplement. Just be sure to ask your healthcare provider for dosage recommendations based on your age, health, etc.

## Tip 2 (for your home): Adopt a No-Shoes-Indoors Policy

This is such a simple yet effective way to reduce your exposure to viruses, germs, and other pathogens.

Studies from the University of Arizona\* and the EPA\*\* showed that shoes track in some pretty scary stuff, including: heavy metals, pesticides, herbicides, fecal matter, urine, and pathogens like E. coli, meningitis and diarrheal disease; Klebsiella pneumonia, and more (yikes!).

The easiest way to implement this is to get yourself a nice pair of "house shoes", and place a large basket at the door for guests'.

You'll be healthier for it AND your floors will stay a lot cleaner too.

Sources:

\*[https://www.ciriscience.org/a\\_96-Study-Reveals-High-Bacteria-Levels-on-Footwear](https://www.ciriscience.org/a_96-Study-Reveals-High-Bacteria-Levels-on-Footwear)

\*\* <https://pubs.acs.org/doi/abs/10.1021/es980580o>



## Tip 3 (for your mind and spirit): Create Some Happiness Every Day

Have you ever come down with a cold or virus while you were going through a difficult time?

That's because our level of optimism and happiness has a direct affect on our immune system.

**A recent study explained how this works\*:**

Researchers tracked law students' levels of optimism and immune response and found as students' optimism increased, so did their levels of immune cells which protect from viruses and bacteria. When their optimism decreased, so did their immune cell production.

Bottom line: do something that makes you feel happy and optimistic every single day. Help a friend or neighbor, watch a funny show, read a good book, volunteer, cook something delicious...just make a point to create more happiness.

Source:

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3933956/>