



- **Coughs, colds and sore throats**
- **Bring a friend – Free Treatment**
- **Some lovely winter soup**



Coughs, colds and sore throats: I am sure that we all know

someone who will be suffering with a winter cold and all that comes with it. Thus I thought that it may be helpful to write some words about what you can do to help yourself. I give this advice with the best of intentions. I am not a doctor. If you have any doubt then you must speak with your physician, however for many of us the following advice should be helpful.

What do I do if I catch a cold: Once a cold develops, there are several things that can speed recovery, however maintaining a healthy immune system is the primary way to protect yourself against getting an excessive number of colds. There is much that can be done to strengthen the immune system, (that I will write about in the February Newsletter).

However to help coughs and colds, have a read at the following:

Rest: Our immune system functions better when we are under the control of the parasympathetic nervous system. This portion of our nervous system assumes control over bodily functions during periods of rest. During the deepest level of sleep, potent immune-enhancing compounds are released. The value of rest during a cold cannot be overemphasized.

Consume Liquids: Increased fluid consumption offers several benefits. A much more hospitable environment is provided for the virus when membranes that line the respiratory tract get dehydrated. Thus maintaining a moist respiratory tract helps repel viral infection. Drinking plenty of liquids will also improve the function of white blood cells by decreasing the concentration of compounds that are in solution in the blood.

Avoid Sugar: Sugar consumption, even from natural sources like fruit juices and honey can impair immune functions. This impairment appears to result from the fact that glucose (blood sugar) and vitamin C compete for the transport sites into the white blood cells. Decreased vitamin C levels due to excessive sugar consumption may result in significant reduction in white blood cell function. Thus drinking a lot of orange juice during a cold does

more harm than good.

Take vitamin C: It has been more than twenty years since I read the book written by Linus Pauling (Vitamin C and the Common Cold) and since 1970 there have been over twenty double-blind studies to test his assertions. Pauling twice won the Nobel Prize and is considered one of the greatest chemists of the 20th century. After 1970 his fame -- and controversial reputation -- centred on his insistence that Vitamin C had the power to fight cancer and the common cold. There have since been numerous scientific reviews to support his writings. I take two effervescent tablets every day during the winter. They are available in most chemists and supermarkets, but be sure that you avoid any that contain the sweetener – aspartame that has been shown to be cancer-forming.

Zinc Lozenges: There is good scientific data to support that zinc lozenges provide relief of a sore throat due to the common cold. Zinc is a critical nutrient for optimum immune system relief and, like vitamin C; Zinc also possesses direct antiviral activity. The ionised zinc (15-25mg) is released in saliva and it has been found that the best of them used the amino acid glycine as a sweetener. It should be free from sorbitol, mannitol and citric acid, so read the label at your health-food shop.

Clean your toothbrush: Changing to a new toothbrush or washing the toothbrush in the dishwasher every seventeen to thirty days has been shown to help people who are prone to a sore throat.

Gargle: Gargle with salt water twice per day: 1tsp of salt in 8 ounces of warm water.



Bring a friend- Free Treatment

Lots of people don't know of the benefits of Bowen Neural Therapy and thus in a way to help more people understand all of the goodness that can be achieved from regular treatment, I will be happy to provide some therapy for free. If you book a treatment at the clinic between now and the end of February, the friend can have a treatment for free. Just call 0780 144 5012 and mention this newsletter.



Some lovely winter soup

I have a lovely Italian lady who comes to Troon for treatment two or three times a year. Recently when she was in the clinic we were chatting about the value of cleansing the body after the over-

indulgence at Christmas and what food may be best. I was talking about beetroot and how it can help cleanse the liver. In the process she gave me this recipe for a beautiful, imaginative soup.

The colour and lovely fluffy texture, combined with the surprise at the bottom of the plate make it something that will intrigue the guests at your next dinner party – while of course as with all of my recipes it is nutritious. She didn't have a name for the soup – nor do I. Prize for the best suggestion!

So, take the courage and give this gorgeous soup a go – you won't be disappointed:

Ingredients: (serves 4)

preparation 20 minutes

Cooking 30 minutes

1 onion

300g vine tomatoes

10g butter

1 garlic clove

1 lemon (un-waxed is best)

a pinch of chilli powder

a quarter of a teaspoon of caraway seeds

300g approx of beetroot (you can buy it raw – or it works just as well with the stuff that has been boiled and is pre-packed in plastic wrap)

1 and a half chicken stock cubes (try and find the one with low-salt)

1 litre of boiling water

75g of couscous

1 tablespoon of chopped coriander (or flat parsley)

Method:

Peel and chop the onion and garlic. Wash the lemon and take the zest from half of it. Melt the butter in a large pan and add the onion. Add a pinch of salt and cook on a medium heat until softened. Reduce the heat and add the chopped garlic, lemon zest, chilli and caraway. Cook, stirring for two minutes and then add the tomatoes (a tin of chopped tomatoes will suffice if you can't get your hands on vine tomatoes). Clean the beetroot and cut into slices. Add to the pot. Dissolve one of the stock cubes in the litre of boiling water and add to the pot. Bring to the boil, then cover and simmer for 15 minutes. While the soup is bubbling add the half stock cube to some more boiling water. Put the couscous in a bowl and just cover with the mixed stock and water. Leave aside. Add the juice from half the lemon to the soup and blitz or liquidize (depending on what sort of equipment you have). Pass through a sieve, scraping the underside of the sieve as you go.

Reheat the soup when ready to serve, taste and adjust by adding a little salt and some more lemon juice. Fork up the couscous which by now should have absorbed all of the liquid. To this, add the chopped coriander. Pour the hot soup into warmed bowls. Place a tablespoon or so of couscous in the middle of each soup bowl and serve. I enjoyed some warm crunchy garlic bread with the soup.

The combination of the beetroot, caraway, lemon and chilli give this soup a sort of earthy but lovely flavour, while presenting your family or guest with such a hugely colourful dish will have them wondering just what you have come up with. They will be surprised, but very happy with the purply-red colour with the unexpected bonus of the couscous in the bottom of the bowl. Yummy!!

Kind regards, good health and best wishes for the New Year.



Jim Steele

As always: Please send an e-mail to jim@bnth.org if you would like a friend or colleague to join our mailing list – or, indeed if you no longer wish to receive further copies of our monthly newsletter.