



# January Highlights



## KEEPING WARM

If your mother always warned you to wrap up warm to avoid catching a cold, it seems she was right. Scientists say they have the first proof that there really is a link between getting cold and catching one. Studies at the Common Cold Center in Cardiff, England, have shown for the first time, a link between chilling and viral infection – something previously dismissed by other studies. Professor Ronald Eccles, says: “When viruses are circulating in the community, many people are mildly infected but show no symptoms. If they become chilled, this causes a pronounced constriction of the blood vessels in the nose and shuts off the warm blood that supplies the white cells that fight infection. The reduced defenses in the nose allow the virus to get stronger and common cold symptoms develop. The fact that common colds are more prevalent in the winter could be related to an increased incidence of chilling causing more clinical colds.

*\*Article published on website [www.News.BBC.co.uk](http://www.News.BBC.co.uk)*

*Add Warming Cayenne and Ginger to your recipes.*

Cayenne is known to improve circulation, strengthens heart, arteries, capillaries and nerves. Increases the power of all herbs.

Ginger is helpful for poor circulation, as well as for cramps, muscle and joint pain.

### *Congestion Clearing Tea*

When you have a cold you have a good reason to stay home and drink tea. This tea has a warming and spicy flavor. Soothing to a sore throat and for calming a cough. Additionally, breathing in the steam has a beneficial aroma therapeutic effect.

### *Warming Winter Relaxing Tea*

This beautiful tea is deeply relaxing, leaving you refreshed in the morning. Some people have noticed when drinking one cup before retiring, that they need less hours of sleep.

### *Warming Mugwort Infused Oil*

This oil is helpful for people whose feet are constantly cold - even when in a warm place. It increases blood circulation and energetic flow within the various meridian pathways of the body, similar to the "moxa" treatments of oriental acupuncture. Apply Mugwort Oil to areas of the body, which are blue in color or cold to the touch.

### *Warming Pepper Soup*

- 6 red or yellow bell peppers
- 3 garlic cloves
- 1 onion
- ½ - 1 cup boiled potatoes (to thicken the soup)
- 6 cups vegetable stock
- ¼ tsp cayenne
- ¼ tsp cinnamon

Roast peppers until skins turn black. Put peppers in a paper bag to steam. Take out of the bag and peel the skin off. Sauté garlic and onion for approx. 3 minutes. Combine all the ingredients and puree in a blender. Heat up the soup and enjoy!

### *Warming Essential Oils*

Black Pepper is warming and helpful for poor circulation, poor muscle tone, pain, chills, catarrh, ear aches, colds and flu infections.

Peru Balsam is warming, stimulating, anti-microbial and antiseptic.

### *Warming Baths*

Mix together and add to your bath, 1 cup Epsom salt, 1 cup sea salt, 10 drops of essential oils. Relax and warm up!

### *Viral Balance*

This vibrational essence boosts the immune system, clears the body of viral imbalances and thins the blood. Good for colds and flues.