



your source of

well-being at work

The Eden Springs newsletter for the promotion of healthy habits at work

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Water and the common cold



Did you know...

...that your lungs are 85% water?

As counter-intuitive as it may sound, your body needs water to breath. In order to take in oxygen and eliminate carbon dioxide, our lungs must be continually moistened with water.

The average person loses between half to one litre of water per day just by breathing. This water needs to be replaced to keep the lungs functioning properly.



FROM THE EXPERT

Dr. Nathalie Jacquelin-Ravel
Specialist in Micro-Nutrition.
Genolier, Switzerland

It's that time of year again: the season of colds, coughs, and flu. Most adults are likely to suffer from one an average of four times a year, and children even more frequently. Just think of the yearly economic burden through lost workdays - around 3 billion Euros! And there is nothing we can do about it. Or, is there?

The runny nose, fever, sore through, etc. are all familiar symptoms of the common cold, an ailment where doctors and pharmaceutical companies have still not made a miracle cure discovery. In fact, the over-the-counter drugs available only battle the symptoms, and not the cause. The fact of the matter is that little can actually be done once a cold or flu virus sets in, except to ride them out.

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In shape for better performance

A recent survey of Swiss workers in small and medium sized companies indicated that 36% of people eat lunch at their desk on a daily basis, and a further 46% do so frequently. Due to time pressures, many employees often settle for a quick sandwich or pastry between meetings.

Concerned about the health of such workers, the Canton of Luzern has launched a pilot project entitled "In Shape for Better Performance" to inform employers about the

risks that poor eating habits and lack of exercise among their employees can have on the company.

"Small and Medium sized companies often feel they do not have the means to offer healthy meals to their employees," explains Anita Lauener, director of the project.

"However an unbalanced diet, the lack of movement and stress in the workplace has

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In shape for better performance

continued

a negative impact on the company's profitability, in terms of employee absence and health-related costs, which outweighs the cost of offering the employees something healthy."



"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

Hippocrates

As part of the pilot project, Lauener has compiled a list of local suppliers of healthy meals, snacks and fruit, as well as information pamphlets about healthy eating and simple exercises that can be done at work. 80% of employers contacted by the project have been receptive to the program's message, and 12% have already begun to implement health-related actions for their employees.

A positive sign for the future, we hope!

Water and the common cold

continued

The best way to fight a cold is to prevent it from over taking the body in the first place. There are ways to prevent the flu and colds, including washing hands frequently, taking vitamins and avoiding people who have them. But perhaps the most important and easiest form of prevention of the common cold is sometimes also the most overlooked: sufficient fluid replacement. Fluids flush out harmful impurities and toxins in our bodies, and aid in the production of mucus. Since the body uses even more fluid than usual when fighting off a cold or the flu, the body can be left severely dehydrated without it. Dehydration, among many things, can result in high fever. This is why extra water should be ingested when suffering these symptoms. In fact, the lack of water can make the cold and/or cough worse.

Water is obviously the fluid of choice, but juice, tea and soup broth are also acceptable. Water in other forms can be of help too. Hot beverages can be soothing to a sore throat and can even help with decongestion. Also recommended is gargling salt water, and inhaling moist air, possibly through a humidifier.

In natural medicine, colds are looked at as the body's way of detoxifying. During the autumn and winter, our bodies actually attempt to harmonize with the season. The body then condenses waste and cleanses excess mucus and congestions from tissue, which will improve circulation and get the blood pumping to keep us warm. However, this process gives flu like symptoms. Drinking more water will help the body detoxify. Exercise and sweating can also help keep the body clear of toxins.

In the way of coughs, drinking the proper amount of water will keep the mucus lining in the lung area thin and lubricated, making

it easier to have a productive cough. Water will also help loosen phlegm, and just plain soothe an irritated throat.

Not only can water help prevent a cold, but it can also help sufferers feel better. More water in essence can build a stronger immune system, so drink up and stay healthy, and actually enjoy the cold season!

Useful tips to prevent the flu and colds



Wash hands frequently



Take vitamins and extra fluids



Avoid infected people



Well-being at Work

Publication Director: Mark Reimer.
 Editor: Dr. Nathalie Jacquelin-Ravel.
 Design & production: www.redcomunicacion.es
 EDEN SPRINGS (Europe) S.A. - Chemin du Trési 9,
 CH-1028, Prévèrenge, Switzerland
 Tel: +41 (0) 21 811 25 50 www.edensprings.com

The information in this publication does not provide medical advice for individual problems. For advice and treatment, consult your doctor or health care professional.



Eden water - your source of well-being at work



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