



Prophylaxis against colds!

Colds start to appear when the temperature drops and the air gets dry. Even if you think that you will endure a bit of cold weather, your body may be in a vulnerable condition against cold viruses. As a result, you will miss work or stay in bed for many days. In this issue, we will introduce prophylaxis against colds and points to shake off the cold at an early stage.

◆◆ Why do we catch a cold?

We catch a cold when viruses enter into the body from the upper respiratory tract including the nose and the throat. Thus, it is very important to prevent the entry of the viruses by wearing a mask when you are in places with many people, and always washing hands and gargling as soon as we get home. Since many viruses prefer environments with a low temperature and low humidity, they tend to be active in winter. Raising the room humidity is also a good prevention against cold. A heater makes room air dry; therefore, we should add more humidity by using a humidifier and drying wet towels or laundry in the room.

◆◆ Improving your immunity is prophylaxis against colds

60 to 70% of the total immune cells exist in the intestines. It is important to keep the intestinal environment in good balance in order to improve our immunity. Regularly taking fermented foods like yoghurt and natto can be helpful because they contain a lot of good bacteria that act with immune cells in the intestinal tract and enhance our immunity. Natto is a high-quality protein and rich in B-complex vitamins, which are essential for maintaining mucous membranes in the throat and the nose. Furthermore, it is abundant in dietary fiber which is a strong supporter of balancing the intestinal environment.

◆◆ Helpful tips to cope when you catch a cold

Once you caught a cold despite all preventions, having a good rest, keeping warm, eating nutritious foods and ensuring adequate hydration will encourage quick and complete recovery.

❖ **Warm your body**

Ginger warms the body. Warm drink like hot water with ginger is helpful. You should wear warm clothes and cover yourself with blankets.

❖ **Take sufficient rest**

Sufficient sleep is necessary when you got a cold. Try to take enough sleep for resting your body as well as your mind.

❖ **Take sufficient nutrition and moisture**

Try to eat foods that are easily digestible and take moisture frequently.

Common cold medicines include compounds that control fever, sore throat and cough, but they cannot get rid of a cold even though you take them one time. When you caught a cold, your body heats up for fighting against the cold viruses. Instead of leaning on a cold medication, increasing our own innate immune reactions will speed up the recovery from a cold.

◆◆ **What nutrients are beneficial to speed up the recovery from a cold?**

When you catch a cold, you should take moisture frequently for a suggested intake of 1 to 1.5 litres per day. Sports drinks or juice that supply energy, electrolytes and vitamins can be an alternative. However, too much of them is not good because they contain a lot of sugar.

If you have discomfort in your throat, having honey is

helpful. Honey has a natural infection-fighting property. Even you have one scoopful of honey, it can soothe the uncomfortable sensation in the throat. Dissolving the honey in a hot drink is beneficial for both soothing the throat and warming up the body.

Once the body temperature increases from fever, protein, vitamin A, vitamin B1, vitamin C and sodium are greatly consumed. It is important to eat foods containing these nutrients. When dehydration occurs due to fever or diarrhea, it is necessary to supplement electrolytes like sodium and potassium as well as moisture. The oral rehydration solutions commercially available are suitable for supplementing moisture and electrolytes during dehydration. The absorption rate increases if you drink them little by little but frequently.



Necessary nutrients when you caught a cold

Name of nutrients	Purposes	Foods abundant in these nutrients
Proteins	Become a material for white blood cells and immune cells.	Meat, Fish, Cheese, Egg, Milk, Soybean
Vitamin A	Maintains skin and mucus healthy. Prevents viral infiltration from the throat or nose.	Spinach, Carrot, Radish, Chicken, Pork, Cheese
Vitamin B1	Converts carbohydrates to energy sources and prevents the reduction of physical strength.	Pork, Soybean, Brown Rice
Vitamin C	It has a strong antioxidant property and activates the functions of blood cells and immune cells	Broccoli, Radish, Spinach, Pumpkin, Lemon, Yuzu-citron
Sodium	Improves absorption of moisture and prevents dehydration.	Cheese, Pickles, Miso
Potassium	Promotes discharge of extra moisture and improves moisture circulation in the body. The body easily loses it in sweat.	Spinach, Broccoli, Banana, Soybean

Recommendation of Green Onion

As the Japanese ancient proverb says: “when you caught a cold you put green onions around your neck”, green onions are beneficial to warm up the body and help to cure a cold soon. The sulfur compound in green onions which is a base of tangy small and pungent taste of green onions dilates blood vessels which stimulates blood circulation and results in warming up the distal portion of the extremities.



The intake of uncooked green onions activates the sympathetic nerve which in turn heats up the body from the inside. The sticky paste which is in the green part also increases your immunity by activating immune cells. These active ingredients are vulnerable to water. It is better to cook them without immersing the green onions in water. Stir-frying is also good to seal the active ingredients in the nutrients.

Prevention is very important against a common cold. It seems to be modest, but washing hands and gargling as soon as we get home are quite effective to prevent catching a cold. Once you caught a cold, you may lose your appetite. However, you cannot cure your cold by just sleeping without eating. Eat well and take a good rest are the quickest way to recover from your cold.