



November 2022

Driftless Holistic Wellness

*“Let food be thy
medicine and
medicine be thy
food”*

-Hippocrates

Driftless Holistic Wellness
is utilizing office space on
Wednesdays with O’Brien
Physical Therapy!

For in-person Nutrition
Response Testing, ionic
detox foot baths, [Bemer](#)
[therapy](#) sessions, or
picking up supplements,
you can visit
3208 State Road
La Crosse, WI

-by appointment only -

Welcome to Driftless Holistic Wellness! Here we focus on finding root causes for our symptoms and nourishing our bodies into more optimal health. We are approaching the “sick” season, as the weather cools down and we have limited time outdoors. This month we are focusing on ways to bolster our immune system and help our bodies through this season with food, supplements, and life style modifications.

Cold and Flu Season Secrets

There is now a greater awareness and desire to support our bodies naturally during the cold and flu season. Thankfully, research has started to validate many longstanding traditional approaches to immune support. This month, we will discuss common mineral and fatty acid deficiencies that can lead to poor outcomes, as well as foods and supplements that help rebuild these mineral and fatty acid stores. Stay tuned next month for part two of this series on immune health, when we will discuss additional herbal options to utilize, as well as other self-care practices that will help your body through the late fall and winter months.



Additional calcium supplementation during cold and flu season may be helpful. It's important to choose a form of calcium that your body can absorb, typically from whole food sources with other minerals included. Look for the following types:

[Calcium lactate](#)

Calcium citrate

Calcium stearate

Or supplements [Calcifood](#), [Calsol](#), [Bio-dent](#), [Cal-Ma Plus](#), [Phyto Cal-Mag Plus](#), [Grass-fed Living Bone](#), or similar products.

And *avoid* calcium carbonate and Tums!



If you have trouble eating foods rich in Omega-3 fatty acids, you can supplement with the following:

[Tuna Omega-3 Oil](#), [Calamari Omega-3 Oil](#), [Olprima EPA](#), [Olprima EPA/DHA](#), [Cod Liver Oil](#), [Super EFF](#), [Cataplex F](#), [Phyto-EFA](#), [Omega-3 Health](#), [Wild Caught Fish Eggs](#), Nordic naturals Omega supplements



Calcium

While we know the importance calcium plays in bone, muscle function, and joint support, calcium has also been found to play a powerful role in our immune functioning. It is a crucial mineral needed for T lymphocyte cell signaling and motility (cells responsible for recognizing and initiating an immune response). A [2020 study](#) evaluated the correlation between hypocalcemia and poor health outcomes for hospitalized patients in the ICU with Covid-19 and found hypocalcemic patients have longer hospital stays, higher oxygen needs, lower lymphocyte counts (which help fight infection), and more abnormal lab results than patients with normal calcium levels.

Foods high in absorbable Calcium:

- Nuts and seeds (chia, sesame, poppy, and celery seeds, amaranth, almonds)
- Dairy- cheese, yogurt, milk (goat and cow varieties)
- Sardines (lower in mercury than tuna)
- Leafy greens (kale and collard greens- spinach has oxalates, which prevent calcium absorption)
- Beans and lentils
- Bone broth



Omega-3 Fatty Acids



Omega-3 fatty acids work well to reduce inflammation in the body and have been used even intravenously as a [fish oil emulsion post surgically](#) to reduce swelling, promote healing, and to reduce infections as well as length of hospital stay.

A [2021 double blind randomized study](#) utilizing an Omega-3 supplemented enteral tube feeding on ICU hospitalized Covid-19 patients resulted in improved renal function, immune modulating and organ protective effects, as well as increased 1-month survival rate.

Fish oil and foods high in Omega-3 fatty acids are great additions to your toolkit during the cold and flu season.

Omega 3- Rich Foods:

- Fish- mackerel, salmon, trout, halibut, cod liver oil, halibut oysters, sardines, anchovies, caviar
- Flaxseeds, chia seeds, walnuts, hemp seeds, wheat germ oil
- Pastured eggs
- Grass-fed dairy products
- Spinach, Brussels sprouts, sea vegetables (nori and kelp), algae (spirulina and chlorella)

Absorbable zinc supplementation includes forms like zinc gluconate and zinc chelate in lozenges, capsules, oral solution forms.

Quality options include: [Zinc Chelate](#), [Xenoforce](#), [Megafoods Zinc](#), [Immune Defense](#), [Aqueous Zinc](#), and [Zn-Zyme Forte](#)



Instapot/Crock Pot Bone Broth Recipe

Ingredients:

*Soup bones, leftover bones from steak, pork chops, roasted chicken, ribs, oxtail, Thanksgiving turkey, etc

*Filtered water (unchlorinated)

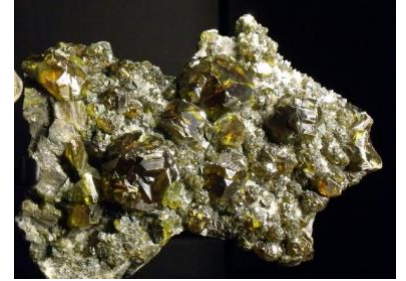
*1-2 Tbsp raw apple cider vinegar

Instructions:

Add your bones to your Instapot or crock pot and cover completely with filtered water. Add the vinegar. Slow cook on low heat for 12-36 hrs. Remove bones and strain out any solids. Use in place of traditional stock in soups, pilafs, sauces, gravy, and other recipes. Season to taste with additional spices and high-quality sea salt (bay leaf, Italian herbs, thyme, marjoram, pepper, etc) and enjoy.

Zinc and Immune Function

Zinc is an anti-inflammatory mineral, antioxidant, positively impacting immune function. It is essential in the formation of nearly 3000 enzymes and is not readily stored or created in the human body, thus zinc needs to be consumed regularly. Zinc deficiency, a common phenomenon in the general population, impairs immune function by decreasing immune cell replication, antibody response, natural killer cell and macrophage activity as well as neutrophil (first responders to infection) function. Conversely, studies have found that supplementing with zinc increases the weight/size of the thymus (immune organ producing T and B cells), T-cell counts, as well as natural killer cell activity. It has even been found to inhibit the entry of Sars Cov-2 into cells and to prevent the cytokine storm (hyperactive inflammatory response of the immune system) that can happen during Covid-19 infections.



Foods High in Zinc

- Meat-beef, lamb, pork
- Shellfish-oysters, shrimp, crab, mussels
- Legumes- beans, lentils, split peas (be sure to soak or sprout)
- Seeds-hemp, squash, pumpkin, sesame
- Nuts- peanuts, pine nuts, cashews, almonds
- Dairy and eggs- cheese, milk, and eggs (organic preferred)
- Whole grains- oats, quinoa, rice, wheat (organic avoids pesticide residue)

Help support your immune system this cold and flu season by focusing on eating foods high in calcium, zinc, and omega-3 fatty acids and, or supplementing with high quality whole food formulations to further bolster your mineral and fatty acid intake.

Also, try out this [Sardine Casserole recipe](#) for additional Omega-3s and calcium. It tastes just like tuna casserole and has even lower levels of mercury due to swapping out for sardines. You can even buy the boneless/skinless variety and use in place of tuna for all of your favorite tuna recipes.



I have found a new appreciation for homemade bone broth this year. We've started to save all of our leftover meat bones from meals and turn them into a delicious broth to use for cooking up rice/quinoa, for using as a soup base, or just sipping on with some added spices or a dash of nutritional yeast when we're feeling sick. Our most experimental broth used leftover bones from homemade barbeque beef ribs, and it turned out to be a delicious success! Monty, our eldest pup sure enjoys the remains of our bone broth experiments as well.

-Kay Wiedenbeck RN, BSN, OCN, NRT

