

# Wellness Wednesday



October 25, 2023

LifeAdvisor.com

**Ulliance**  
Enhancing People. Improving Business.



*Find your path to total well-being!*

## 10 Effective Ways to Prevent and Manage Colds

Catching a cold is never a pleasant experience. Not only does it make us feel miserable, but it also disrupts our daily lives. Colds are upper respiratory viruses that spread through droplets when someone coughs or sneezes. They can also be contracted by touching contaminated surfaces and then touching our face. While colds are generally not severe, they can cause significant disruption in households, workplaces, and schools. In this Wellness Wednesday, we will explore 10 effective ways to prevent and manage colds, from simple hygiene practices to lifestyle choices and supplements.

### 1. Prioritize Handwashing

One of the most important and basic preventive measures against colds is proper handwashing. Washing your hands regularly with soap and water for at least 20 seconds helps remove viruses and bacteria from your hands. This simple act can significantly reduce the risk of catching a cold. Remember to wash your hands before eating, after using the restroom, after coughing or sneezing, and after touching surfaces in public places. If soap and water are not readily available, you can use hand sanitizer with at least 60% alcohol content.



### 2. Disinfect High-Touch Surfaces

Cold viruses can survive on surfaces for several hours, making it crucial to disinfect high-touch surfaces regularly. Door handles, light switches, cell phones, and other frequently touched objects can become contaminated if they are touched by someone who is sick. Use disinfecting wipes or sprays to clean these surfaces and reduce the risk of spreading cold viruses. It is especially important to be diligent in shared areas, such as workplaces and schools, where multiple individuals come into contact with the same surfaces.

### 3. Boost Your Immune System

Maintaining a strong immune system is essential for preventing and managing colds. A healthy immune system can better fight off viruses and reduce the severity and duration of symptoms. Prioritize self-care practices, such as getting enough sleep, eating a well-balanced diet, and staying physically active. Aim for 7-9 hours of quality sleep each night, consume a variety of fruits, vegetables, whole grains, and lean proteins, and engage in regular exercise to support your immune system.

## 4. Wear a Mask

In the midst of the COVID-19 pandemic, wearing masks has become commonplace. However, masks not only protect against COVID-19 but also help prevent the spread of other respiratory illnesses, including colds. Wearing a high-quality mask, such as an N95 or KN95, can provide additional protection against cold viruses. Masks create a barrier that prevents respiratory droplets from being released into the air, reducing the risk of transmission. Make sure to wear a mask in crowded or indoor spaces, especially if you are in close proximity to individuals who may be sick.

## 5. Avoid Crowded Spaces

To minimize the risk of catching a cold, it is advisable to avoid crowded indoor spaces, especially in the days leading up to an important event or trip. The more people there are, the higher the likelihood of encountering someone with a cold. Close contact in confined spaces increases the chances of transmission. Whenever possible, choose outdoor, well-ventilated areas for socializing or opt for virtual gatherings. This precautionary measure can significantly reduce your exposure to cold viruses.

## 6. Consider Supplements

While supplements like zinc and vitamin C are often touted as cold remedies, their effectiveness in preventing and treating colds is still debated. Some studies suggest that zinc can reduce the duration of a cold, while others show no significant benefits. Similarly, vitamin C may not prevent colds but could potentially shorten their duration. Before starting any supplements, it is recommended to consult with your healthcare provider to determine the appropriate dosage and assess any potential interactions.

## 7. Practice Good Respiratory Hygiene

Practicing good respiratory hygiene is crucial in preventing the spread of cold viruses. When coughing or sneezing, cover your mouth and nose with a tissue or your elbow to prevent respiratory droplets from spreading into the air. Dispose of used tissues properly and wash your hands immediately afterward. If you are in close proximity to someone who is coughing or sneezing, maintain a safe distance to minimize the risk of inhaling respiratory droplets.

## 8. Stay Hydrated

Proper hydration is essential for overall health and can help prevent and manage colds. Drinking an adequate amount of water helps maintain the moisture in your respiratory tract, making it less susceptible to viral infections. It also helps flush out toxins from your body and supports your immune system. Aim to drink at least 8 glasses of water per day, and increase your fluid intake if you have a fever or are experiencing cold symptoms.

## 9. Manage Stress

Chronic stress can weaken your immune system, making you more susceptible to infections, including colds. It is important to manage stress effectively to maintain optimal health. Engage in stress-reducing activities such as exercise, meditation, deep breathing exercises, or hobbies that bring you joy. Prioritize self-care and ensure you have a proper work-life balance. If you find it challenging to manage stress on your own, consider seeking support from a mental health professional.

---

## 10. Know When to Seek Medical Care

While most colds are self-limited and resolve on their own, it is important to know when to seek medical care. If you experience worrisome symptoms such as a high fever (102.2 degrees or higher) or shortness of breath, it is advisable to contact your healthcare provider. Certain individuals, such as those with underlying health conditions or compromised immune systems, may be at a higher risk of complications from colds. It is better to err on the side of caution and consult with a healthcare professional if you have concerns about your symptoms.

In conclusion, preventing and managing colds requires a combination of good hygiene practices, immune-boosting strategies, and lifestyle choices. Prioritizing handwashing, disinfecting high-touch surfaces, and wearing masks can significantly reduce the risk of catching a cold. Supporting your immune system through proper nutrition, sleep, and exercise is essential for staying healthy. While supplements may provide some benefits, their effectiveness is still inconclusive. Practicing good respiratory hygiene, staying hydrated, managing stress, and seeking medical care when necessary are also important aspects of cold prevention and management. By adopting these strategies, you can minimize the impact of colds on your health and well-being.

---



# PUMPKIN MUG CAKE



## INGREDIENTS

- 1 tablespoon ground flax
- 3 tablespoons milk (dairy-free or skim)
- 3 tablespoons all-purpose flour
- 1/4 teaspoon baking powder
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon cinnamon
- Pinch salt
- 1/4 cup canned pumpkin puree
- 1/4 teaspoon vanilla extract
- 2 tablespoons sweetener (brown sugar)
- For serving whipped cream (optional)

When the fall season arrives, there's nothing quite like indulging in the warm and comforting flavors of pumpkin. If you're a fan of mug cakes and pumpkin spice, then you're in for a treat with this quick and easy microwave Pumpkin Mug Cake. Whether you're looking for a personal dessert or want to impress a crowd, this recipe has got you covered!

## VARIATIONS TO TRY

### Gluten-Free Option

If you're following a gluten-free diet, you can easily make this mug cake gluten-free. Substitute the all-purpose flour with two tablespoons of almond flour and one tablespoon of oat flour. This swap will give the cake a slightly nutty flavor and a gluten-free twist.

### Chocolate Lover's Delight

For all the chocolate lovers out there, why not add a touch of chocolate to your pumpkin mug cake? Stir in a couple of teaspoons of mini chocolate chips into the batter before cooking. As the cake cooks, the chocolate chips will melt and create pockets of gooey chocolate throughout.

### Nutrition Information

Serving: 1 cake, Calories: 134 kcal, Carbohydrates: 41.5 g, Protein: 4 g, Fat: 3 g, Saturated Fat: 0.5 g, Sodium: 21.5 mg, Fiber: 3.5 g, Sugar: 1.5 g



## INSTRUCTIONS



- **Prepare the Flax Egg:** In a small bowl, combine the ground flax and milk. Let it sit for about five minutes until it thickens. This mixture will act as a replacement for the egg.
- **Whisk the Dry Ingredients:** In a large microwavable mug, whisk together the all-purpose flour, pumpkin pie spice, cinnamon, baking powder, and a pinch of salt. Ensure that all the dry ingredients are well combined.
- **Mix in the Wet Ingredients:** Add the canned pumpkin puree, vanilla extract, flax seed mixture, and sweetener to the mug. Stir well until all the ingredients are fully incorporated and the batter is smooth.
- **Cook the Mug Cake:** Place the mug in the microwave and cook on high for approximately 90 seconds. Microwaves may vary, so keep a close eye on the cake. If it looks firm to the touch, it's ready. If not, cook it for an additional 10-20 seconds.
- **Serve and Enjoy:** Carefully remove the mug from the microwave (it will be hot!) and let the pumpkin mug cake cool for a minute or two. If desired, top it with whipped cream and a sprinkle of pumpkin spice or cinnamon for an extra touch of deliciousness. Grab a spoon and savor every bite!

## FEATURED EXERCISE

<https://www.self.com/gallery/yoga-poses-to-relieve-lower-back-pain>

# Featured Exercise ▶ Thread the Needle

Dr. Mack says rotation throughout the upper body and thoracic spine is important for having a healthy back, and this gentle yoga stretch is ideal for doing that safely.

- Start in a tabletop position with your shoulders stacked directly over your wrists and hips over your knees.
- Reach your right arm underneath your left and across your body with your palm facing up.
- Bend your left elbow as you gently lean into your right side; you should feel a stretch in the back of your right shoulder.
- Hold this pose for 1 minute and then repeat with the left arm.

### The Benefits:

Thread-The-Needle pose stretches and opens the chest and shoulders, helping to counteract the effects of poor posture and sedentary lifestyles. By releasing tension in these areas, it can improve breathing and promote better alignment.

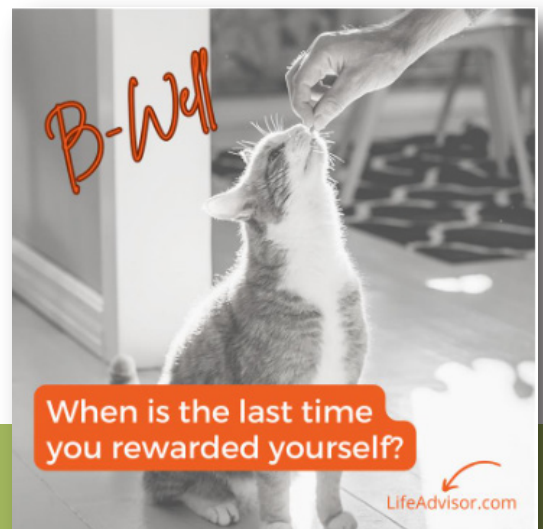


[Click here to view online!](#)

*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*



Meet Ulliance Senior  
Wellness Account Manager



[LifeAdvisor.com](#)