

# Dr. K's Top Ten Winter Safety Tips and Recommendations

by Dr. David C. Kolbaba

**Winter, Spring, Summer, Fall . . . what's your favorite season?** If winter falls at the bottom of the list for you, I recommend taking the time to explore the outdoor beauty of this quiet season. The crisp, clean air. The beauty of a fresh, fallen snow. Leave the stresses of the world behind and start creating a level of health for yourself that draws you higher and higher like you've never experienced before. So, let's get out there! Walking, ice skating, snowshoeing, sledding, hiking, skiing . . . the choice is up to you!

Here are my most important recommendations to get you on the right track to enjoying the winter season. Make the most of your winter experience by following these simple tips.

## **1. Prepare yourself prior to winter**

Get yourself ready before the winter season. Stay active and get plenty of exercise all year long. Do you know someone who loves winter? Plan a trip with an experienced friend and learn how they enjoy outdoor activities. What products do they use, magazines they read or places they enjoy? Store up on cold, flu and immune boosting supplements as well.

## **2. Stay Hydrated**

Drink more water than you think you should. I recommend drinking 8, 12 oz. glasses of water per day, every day. It is very important to stay hydrated since cold, dry air can deplete moisture from your body. This is especially imperative if planning extended trips in the cold.

## **3. Drink *Endura*.**

Forget those sugar and sodium-laden sport drinks! Consider drinking our high magnesium energy and rehydration formula mix, *Endura*, a patented rehydration formula mix with a unique blend of electrolyte minerals that are found in muscle cells. **It provides carbohydrates in the form of glucose polymers and fructose, delivered in a special, balanced blend designed to help delay the onset of fatigue during strenuous activity.** Delivers key electrolytes to help replace those excreted through sweat during exercise, activity, and/or hot weather conditions. *Endura* is designed to provide high concentrations of absorbable magnesium, a mineral essential for cellular energy metabolism and glucose homeostasis.

## **4. Layered Clothing**

It is important to wear loose, lightweight layers of clothing.. The first layer should fit properly with subsequent layers being larger. Trapped air between layers acts as an insulator. Layers can be removed to avoid perspiration and chill. Don't forget hats and ear muffs, scarves to keep the wind at bay, warm boots, socks and mittens. Try wearing gloves first, then mittens over them. If you need to remove the mittens, the gloves will still keep your hands warm.



## **5. Proper Clothing**

Use an oversized wind breaker as an outer layer. It's water proof and will keep you dry and warm. Thin layers are better.

## **6. Keep Yourself Moving**

Even if your ice fishing, it's important to move your body! This will keep you warm.

## **7. Eat High Quality Foods You Can Afford!**

We want the body to take advantage of what we eat and benefit from high quality foods.

- Strive to eat fresh, whole and locally grown produce that is pesticide & insecticide free
- Organically grown and nutrient dense
- Homemade foods created from scratch
- Stay away from flavorings or colorings

## **8. Protect Skin Surfaces**

At this time of year it's important to spend time in the sun. Some of us are affected by the shortened amount of daylight in our geographical area. I recommend "soaking up the sun" during the months of November through February. Ten to fifteen minutes of sunshine 3 times weekly is adequate to produce the body's requirement of Vitamin D. Vitamin D3 affects the immune system by phagocytosis, which uses a "Pac-Man" approach to protect you from infection and disease. Natural sources of Vitamin D are in cod liver oils, herring, catfish, wild salmon, sardines, mackerel, and tuna. Some dairy products contain this vitamin but sorry, folks, not my favorite food to eat! You can get your daily requirement of Vitamin D3 by taking our super-vitalistic multi-nutrient supplement, ***Dr. K's Super VitaQuest or try our D-Best D3*** liquid vitamin D.

## **9. Know your limits**

Inventory yourself. Choose activities that are appropriate for your abilities. Educate yourself, research equipment or sign up for lessons before venturing into a more challenging activity. Check the weather report before venturing out for possible changes in conditions and prepare accordingly.

## **10. Buddy System**

If traveling alone, let someone know your route and estimated time of return. Be sure your cell phone is fully charged. Batteries wear down fast in cold temperatures. I place my phone inside a mitten for protection while walking.

### **Additionally:**

In winter, always be prepared for an unexpected roadside breakdown. Be sure to include important emergency items in your car such as extra clothing, road flares, blankets, nutritional bars, etc.

***Call our HealthQuest Radio Hotline at 800-794-1855 to order Endura, available in lemon flavor, Dr. K's Super VitaQuest, multi-nutrient supplement or DBest D3, liquid vitamin D.***



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