

[IMAGE]

## **A Natural Way to Prevent the Common Cold**

There seem to be endless remedies for the common cold, but wouldn't it be great if you could prevent one from occurring in the first place? According to a recent study supported by the National Cancer Institute, one year of moderate-intensity exercise reduced the incidence of colds in postmenopausal women.

The group of participants included 115 overweight and obese, sedentary, postmenopausal women from the Seattle area. Women were randomly assigned to either a moderate-intensity exercise group or to a control group that did not exercise. The exercises consisted of 45-minute sessions, five days per week for 12 months. The control group attended weekly 45-minute stretching sessions.

The number of colds in the intervention group was lower in the first three months of the study and was approximately three times lower than the stretching group at the end of the 12-month study. To find out more about the benefits of exercise and other natural ways to prevent/fight colds, see your chiropractor. For recent articles on the subject, visit [www.chiroweb.com/find/tellmeabout/women.html](http://www.chiroweb.com/find/tellmeabout/women.html) or [www.chiroweb.com/find/tellmeabout/sports.html](http://www.chiroweb.com/find/tellmeabout/sports.html).

*Resource:*

Chubak J, McTiernan A, Soresen B, et al. Moderate-intensity exercise reduces the incidence of colds among postmenopausal women. *American Journal of Medicine* 2006;119:937-942.

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