



A New Look At the Cause of Colds & Flu's

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The medical explanation for cold and flu symptoms identifies viruses and bacteria as the culprits for our fever, achy body and runny nose. What is not often explained is the influence our environment, emotional states and our spirituality have on whether we are vulnerable to getting sick – or not! To understand the cause and effect of colds and flu, we have to have a larger perspective on the factors that contribute to whether or not we get sick or stay well. When dealing with colds and flu here are some simple things to pay attention to.

Your Emotions

Abraham Maslow identified that aside from basic survival and safety needs, we possess an innate drive to belong, develop self-esteem and actualize our authentic selves. While it might seem that exposure to more people is an invitation for viruses to make us sick, a study conducted by the University of Pittsburgh found the exact opposite might be true. According to the study, people with one to three social roles such as parent, child, friend, etc., are over four times more likely to get sick than those with six or more social roles. This may be caused by the relationship between the immune system and the self-esteem we experience as a result of our interactions with others. The more positive social interactions we experience, the greater our self-esteem and the more we enhance our immune function.



Your Spirituality

The renowned anthropologist and writer, Joseph Campbell, stated that “all human beings have three essential questions we seek to answer: Why am I here? What is the purpose of my life?, and Where do I go when I die?” In order to answer these questions we must form our *worldview*,

a set of values also referred to as our spirituality. Spirituality can be broadly defined as the things we hold, important and sacred, the relationship we form with others and with the world around us. One of the most important aspects of our spirituality and creating a life of meaning and fulfillment is to set *boundaries*. The boundaries we set are codes of conduct relating to how we behave toward ourselves and others, how we eat,

work exercise and live. All of these actions have a profound effect on our health and well-being.

Your Bodily Environment

Our bodies have both an internal and external environment we need to be mindful of. Externally, the amount of noise, stress, pollution, weather and amount of exertion or work we do affects our health directly through our internal nervous and immune systems. Our internal chemical environment allows or prevents germs from finding a friendly home in our blood stream, allowing them to multiply and spread. It is important to make the connection between how we are crafting our internal environment with what we are eating, drinking, how much rest and sleep we get, as well as the thoughts, both positive or negative that we are thinking each day.

There is no single cause of any health condition. Colds and flu's are multi-dimensional because we as human beings are multidimensional. By understanding and applying the emotional, spiritual and environmental cause and effects of colds and flu's you can prevent them from affecting your life.

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