

# Become Healthier and More Resistant to Common Seasonal Conditions

by Dr. Michael Nowazek

2020 has been a very difficult year for many people and with the fall and the fast-approaching winter, an additional concern is further disruptions to one's life from seasonal illnesses, particularly if they are recurring. Some people "catch a bug" and get sick for a couple of weeks only to recover and possibly get sick again. What's worse is that sometimes these seasonal illnesses can develop into a lung or a throat or a sinus infection.

More than ever before, seasonal conditions can interfere with your life. If you develop symptoms, you must stay at home where you might or might not be able to continue working, and you and your family may have to isolate from other family and friends.

Nutrition is key to improving and maintaining health.

Nutrition is a big subject. There are different sources of nutrition to consider. Food is a large topic, and your diet, even if it's a good diet, might not provide you with all the vitamins and minerals needed. You may need additional supplements.

The requirement for specific nutrients can vary widely from person to person. There is no "one size fits all" nutritional regimen that's going to work for everyone.

There can be factors such as [food sensitivities](#) that can interfere with your health. There is also the matter of the body's absorption and utilization of nutrients. Such things as non-optimum elements of your diet, inflammation, impaired [digestion](#), and others can also interfere with and even prevent your ability to assimilate nutrients.

At Green Apple Health Care, we want our patients to enjoy the best health possible for them and we are excited to announce tailored programs that proactively

allow patients to become healthier and more resistant to common seasonal conditions.

Our comprehensive treatment programs are designed to work with you and in your life. We not only custom-tailor a personal nutrition plan including diet and supplements, we also identify and test to see what could be interfering with your ability to absorb and utilize nutrients. We pinpoint the elements that prevent nutrients from working fully and then develop a plan to remove those interfering factors.

We want to improve your health and resistance so that, ideally, you don't get sick. A proactive approach is always much more effective than treating an illness. We know that prevention is never perfect. You simply cannot prevent everything. If you do get sick, then the goal is to get you through the illness quickly and ideally minimize its impact on your quality of life.

We have developed a program for you, our current patients. A great deal of time, research, and thought has gone into the development of this program to make it easy to follow and to cover everything that you might need. We want to offer these programs to our current patients first.

**Call us now at (780) 485-9468 to book a consultation, or [book online](#).**