

# Fighting fit this winter

BY KARIS LEIGH



BOOSTING OUR IMMUNE SYSTEMS IS NEVER MORE important than during the chilly winter months. Proper supplementation and healthy habits are a must.

Lisa is a self-motivated entrepreneur with a passion for health and wellness. It's because of these values that she has chosen to align herself with Dis-Chem and Biogen, and is proud ambassador for both brands. As a fitness and wellness professional, she knows that vitamins and supplements serve an important function in meeting your daily nutritional needs. For her, Dis-Chem and Biogen meet these needs and promote wellness in the best possible way. She is also currently the face of *The Espresso Show's* latest campaign that focuses solely on Dis-Chem and Biogen products and services. Lisa Raleigh, who has recently relocated from Durban to Johannesburg, chats about balancing a busy schedule with winter wellness as the chilly season approaches.

## YOU'VE MADE THE BIG MOVE FROM DURBAN TO GAUTENG. ARE YOU READY FOR THEIR ICY COLD WINTER SEASON?

JHB is very familiar to me, as I've been visiting here on a monthly basis for the last seven years or so. I love the work ethic – things happen here – and on a very small scale it reminds me of New York. While there's no replacement for my home town, where things are warmer, slower and the ocean is almost always in view, JHB has its own charm; people are friendly, engaging and spend energy on their friendships and relationships. It's also definitely better work wise. That said, the climate in winter here is so much colder that it almost feels as if I have moved countries, not provinces!

## WHAT'S ON THE CARDS FOR THE REST OF THE YEAR WORK WISE?

We are launching a new brand CI with a website and ecommerce store, and putting a new lifestyle programme

on the market – Elimin8. The Elimin8 deep cleanse is a 10-day programme that helps you eliminate toxins and refresh your system; this has been tried and tested amongst my clients for years with great results, so we're giving it a fresh new face, adding in some valuable new information and then launching it. There is also a mom-focused programme we'll be launching later in the year called My Body Back, which will be dedicated to helping moms at any stage of their journey reclaim their bodies, vitality and health after having children. We have begun filming some wonderful health content with Dis-Chem, in the form of a 28-part series that is airing on SABC 3's *Expresso*. I will be launching a book early in 2018, so a lot of the year will be dedicated to that as well.

### **YOU'VE NOW BROUGHT BABY BELLA INTO THE WORLD – HOW ARE YOU MANAGING THE WORK / PERSONAL LIFE BALANCE?**

As a new mom, there is just so much guilt all round – and I think that's universal. I always wonder if I'm spending enough time with Bella, but also enough time keeping my own life balanced. Selflessness is a growing requirement. That said, I have learned to manage my schedule to dedicate substantial time to both work and Bella, and this does reduce the initial guilt I felt. My schedule now revolves around Bella, which means completely flexible work hours, an earlier bedtime, and a dramatically reduced social calendar. I'm very lucky to work from home, as I get to see Bella throughout the day – even just in passing – and I know this is a bonus compared to other moms who are committed to regular 9-5 jobs. It's

tough being a working mom away from your child.

### **IS IT DIFFICULT TO PRIORITISE YOUR OWN WELLNESS WHEN BABY ALWAYS COMES FIRST – ESPECIALLY IN THE APPROACHING CHILLY SEASON WHEN IMMUNE SYSTEMS NEED TO BE STRENGTHENED?**

Daily exercise – of any degree – is one of the pillars keeping me upright, and I haven't missed many days since first finding out I was pregnant. While the rest of my diet is pretty flexible and still quite undisciplined, I have a homemade vegetable juice every morning, an egg-based breakfast and a big salad of raw ingredients at some stage of the day. Delicious warm herbal teas are also a daily feature.

### **DO YOU TAKE ANY SUPPLEMENTS IN WINTER SPECIFICALLY?**

I always take Apple Cider Vinegar daily throughout the year, but in winter I take 5mls three times a day instead of just once. It has strong antiviral properties, antioxidants, promotes good bacteria, fights congestion and can soothe a sore throat. I take a handful of Biogen supplements: an Omega 3 and 6 combo, digestive enzymes, a pre- and pro-biotic, and GABA750. I also increase my daily dose of vitamin C and B just to tackle stress levels and make sure that my immunity stays boosted throughout winter.

### **DO YOU HAVE ANY WINTER TIPS FOR OUR READERS?**

- Avoid inflammatory foods, which are said to be behind almost every chronic disease in the body. This is an important tip year round, but especially in the winter months when our immune

systems are especially vulnerable. Steer clear of sugar, excess dairy, refined grains and food, bad fats, artificial ingredients, grain-fed meat and alcohol.

- Include these items in your winter shopping basket: fresh herbs and spices like garlic, turmeric, ginger and cayenne pepper, which contain powerful antibacterial and anti-inflammatory properties; honey, which has antibacterial, healing properties and helps soothe sore throats; foods rich in vitamin C which replenish our immune systems, and yoghurt for healthy gut bacteria.
- Stay hydrated! We often forget to keep our water levels up in the chiller months, but it is just as crucial during winter as in the rest of the year.
- Avoid hibernation; keep moving and exercising to keep your immunity levels up. In SA, our winter sun still offers us some vitamin D, so get outside during the hottest hours of the day.
- Dry brush every day before your bath or shower to exfoliate and get rid of dead skin cells that accumulate in winter.
- Stretch or warm up in the shower, when your muscles aren't so cold or stiff.

### **WHAT IS YOUR ULTIMATE INDULGENCE IN WINTER?**

Definitely a massage, the firmer the better – and not just for an hour, but a full 90 minutes! In a warm room in winter. I love Thai massages, or having a therapist come to my house, where I know Bella is looked after and I can unplug and fully enjoy the time out. **B**