

The art of convalescing

Convalescence – the gradual recovery of health and strength after illness, injury or surgery – was once an accepted part of being ill. However, as modern medicine came up with antibiotics, antiviral and anti-inflammatory drugs that seemed to cure instantaneously, our perception of illness altered, and a period of convalescence no longer fits easily into our frantic pace of life.

It is still a good idea to give yourself time to recover completely from an illness, even if it means changing your lifestyle for a while. Ask your health practitioner how long you should give yourself to convalesce. This estimated time frame will help you plan your life over the following weeks or months and reduce worry.

How to convalesce:

- Find a supportive health practitioner and appropriate medication and supplementation.
- Keep in touch with family and friends. Maintain social activity, even if only by telephone.
- Be led by your body's needs – sleep when tired, eat when hungry.
- Do gentle exercise when able, gradually building up or down as necessary.
- Learn to say no. Aim to do less than you think you can, not more.
- Change your mind set to view resting not as “doing nothing”, but as being vital for replenishing energy and health.
- Eat well and enjoy food. Don't worry about weight loss or gain for a while.
- Trust your intuition about how you are and what you need.
- Supplement with Weleda's Organic Blackthorn Elixir to invigorate and rebalance. Blackthorn berries contain strong antioxidants called OPCs (oligomeric proanthocyanidins), which are thought to encourage increased energy and feelings of wellbeing in exhausted and stressed patients. It is ideal for children recovering from illness or for women before and after child birth, or as a daily pick-me-up tonic for adults or children. 🌿

Our in-house natural health practitioner Liezel Barnard explains how to rest up and recover well from illness.



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