

Chilblains

Chilblains. Could a pathology with such a cute name be all that bad? Well, it is only one step away from frost bite, so precautions are necessary. I live in Buffalo where the winters are a delight, but too often we become complacent with winter apparel. So preparation is essential. As in most illnesses, the best cure is to not allow it to happen in the first place. Dressing appropriately and retiring to the indoors *before* getting too cold is wise. Another safeguard is to eat a diet high in good quality fat such as butter, whole raw milk, whole cheese and cod liver oil. These foods are vital for the health of those who live in cold regions. Think Scandinavia.

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