

OUTSMART THE FLU AND COLDS

Cold and flu viruses can live longer in cold and dry conditions and are more easily passed around during the winter months. Ensuring a healthy immune system is your best defense.

1. Be happy! Research shows that people with high positive emotion scores produce a protein, called cytokine, that boosts other immune cells in fighting off infections.
2. People who exercise frequently and regularly don't get sick nearly as often as those who are less active. Exercise seems to increase your body's production of immune cells.
3. The probiotics found in yogurt and in capsule form may promote a healthier immune system and result in fewer sick days.
4. Regularly eating brightly colored fruits and vegetables can really boost immunity.
5. Ginseng has been shown to help prevent colds if taken when symptoms first appear.
6. Spirulina, a type of blue-green algae, available from your health food store, practitioner or pharmacy, is thought to reduce cold and flu risk by strengthening immune defenses.
7. Receiving adequate vitamin D is related to fewer incidents of respiratory infections.
8. Taking Vitamin C may shorten the duration of cold and flu related symptoms.
9. Wash your hands with soap and water for at least 20 seconds, and be aware that antibacterial hand washes might make it easier for bacteria to build resistance