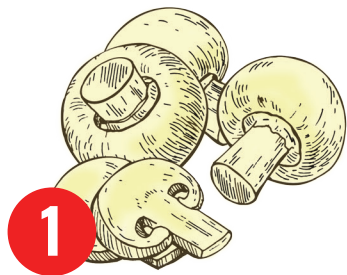


FIVE WAYS TO AVOID COLDS AND FLU

Here are effective foods to eat that can help boost your immune system and reduce your vulnerability to infection.



1

Mushrooms

Eat cooked mushrooms to enhance the activity of the body's natural killer (NK) cells, which attack virus-infected cells. Mushrooms also boost immune defenses in the mouth and respiratory tract. I recommend taking a mixed mushroom supplement.



2

Cruciferous Vegetables

Kale, collards, mustard greens, arugula, watercress, broccoli, broccoli rabe, cabbage, cauliflower, and kohlrabi contain glucosinolates, which are converted into immune-boosting isothiocyanates (ITCs) when chopped or chewed. Eat some raw cruciferous every day.



3

Berries

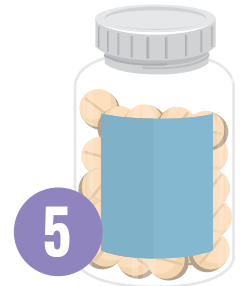
Rich in vitamin C and antioxidants like flavonoids and resveratrol, berries offer antiviral protection and can block the replication of flu and other respiratory viruses. Drinking elderberry juice may shorten the duration of flu symptoms.



4

Onions & Garlic

The allium family has anti-cancer and immune-boosting benefits. Garlic contains phytochemicals with powerful virus-killing benefits. The active compounds in these vegetables are activated when chopped or chewed raw. Add onions, scallions, or shallots to your salad every day. Add a few spoonfuls of chopped raw onion to your cooked vegetables.



5

Supplements

Taking a supplement that includes vitamin D, zinc, iodine, and B12 will help reduce the risk of infection and improve recovery from colds and flu. Zinc absorption is hindered by phytates in plant foods, so vegans need a bit more to maximize immunity. It is also important to assure Vitamin D adequacy for optimal immune function.

Dr. Fuhrman

Six Ways Doctors and Nurses Avoid Colds and Flu

Medical professionals come in contact with sick people all day, every day.

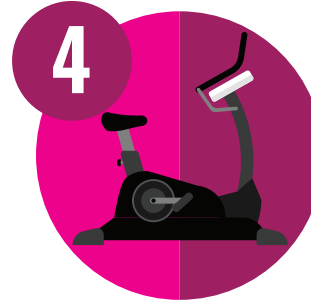
Here are some of their practical strategies for staying healthy during the height of cold and flu season.



1

Wash your Hands

The easiest way to pick up germs is through your hands, so wash them thoroughly with soap and water throughout the day, for at least 20 seconds (sing "Happy Birthday" to yourself twice) and dry them with a paper towel.



4

Exercise

Research indicates that exercise has some benefits in boosting immunity. The general rule is that if your symptoms are simply coughing or sneezing, it's OK to get in a workout. Fever or chills? Give it a rest until you feel better.



2

Hand-free Zone

Keep your hands and fingers away from your face and mouth, and only eat food using a spoon or fork.



5

Breathe Out

If someone is sneezing or coughing around you, try breathing out slowly as you move away from them. This will keep you from inhaling the germs they just expelled.



3

Don't Touch That!

Every surface in a public place can harbor germs - computer keyboards, phones, doorknobs, even the pen you use to sign a credit card receipt. Smart strategies: always carry and use your own pen (and don't share it with anyone), use alcohol-based sprays or wipes to disinfect anything you come in contact with, use hand sanitizer and wash your hands frequently (see above).



6

Get Enough Sleep

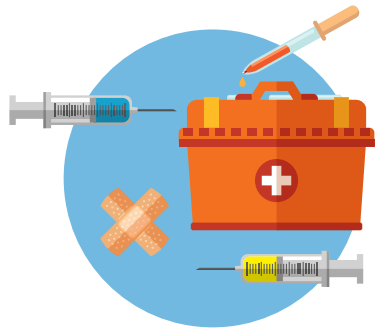
Our bodies need seven to eight hours a day, and this is most important during the winter months when it is so easy to get sick. If you're feeling tired and rundown, you are more susceptible to infection.

Dr. Fuhrman

Don't Waste Your Time On . . .



Flu Shots



A 2014 Cochran review (the world's leading producer of evidence-based medical review studies) stated, "Influenza vaccine show no appreciable effect on working days lost, hospitalizations or complications such as pneumonia. This independent analysis of flu vaccine studies showed that, under typical conditions, 100 people would need to be vaccinated, for one person to avoid getting a flu." That is a pretty low efficacy rate.

Common Cold Remedies



Over-the-counter medications are generally ineffective and may prolong illness. Fever-reducing medications actually hinder the body's attack on the infection. Mega-doses of vitamin C don't prevent colds or reduce symptoms.

In General

With cold and flu season upon us, keep this in mind if you get sick with a typical viral syndrome: it is best to rest, drink water, avoid cooked food, and only consume fresh fruit and raw vegetables if hungry. Fasting or eating very lightly when ill speeds recovery, reduces mucus production, and activates the immune system's defenses to rapidly and dramatically eliminate the viral load.

Dr. Fuhrman

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