



Beat the bugs this winter and win the cold war!

Winter is on its way and if reports in the media are to be believed, the cold and flu season is coming too! Now is the time to build up your immunity and the best place to start is with your diet. What you eat can have an enormous impact on the health of your immune system and could help you beat the bugs this winter and stay cold and flu free!

Boosting your immune system is not just about taking fizzy Vitamin C. There are a host of vitamins and minerals that help the immune system function properly and ensuring you are getting enough of them in your diet is an important step to staying flu and cold free this winter.

Here are the "top 10" immune boosting foods;

1. *Broccoli* rich in Vitamins C and E, anti-oxidants, folate and iron

2. *Blueberries* Rich in anti-oxidants and thought to be one of the ultimate immune boosting foods

3. *Brazil Nuts* contain B vitamins, selenium and Vitamin E and only 2 or 3 a day can give you the benefit of their immune boosting nutrients

4. *Garlic* has fantastic anti-viral, anti-bacterial and anti-fungal properties and as an added bonus is thought to help lower blood pressure. Eating a little Garlic daily, really should keep those bugs away.

5. *Carrots* are high in carotenes which the body converts to Vitamin A, an essential immune stimulating nutrient – low in fat too and a good healthy snack food when you're on the run.

6. *Beetroot* is bursting with minerals and has anti-oxidant, anti-inflammatory, immune boosting and detoxifying properties. Try some raw in a salad, or simply roasted in the oven with a little olive oil – delicious!

7. *Ginger* stimulates the immune system and circulation. Try a little grated into your favourite soup, or perhaps add a slice of fresh ginger and a slice of lemon to a cup of hot water for a refreshing, warming drink on a cold morning.



8. *Kiwi fruit* are thought to have higher vitamin C content than an orange. Why not try some of the lovely golden kiwi fruits for a change.

9. *Pumpkin & sesame seeds* are rich in Zinc, one of the most important nutrients for the immune system.

10. *Shiitake mushrooms* are known for their immune boosting properties. Why not try them in a stirfry with some slices of chicken, broccoli and garlic?

Would you like to know more about easy ways to improve your diet and stay healthy? Call Jacqui on 07710 098 280 or log onto www.jacquimayes.co.uk for more information.

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