



GUARD AGAINST WINTER COLDS AND BUGS 5 TIPS TO HELP BOOST YOUR IMMUNE SYSTEM

1. SUGAR

Stay away from sugar.

It is not only nutrient free but sugar uses up nutrients which can reduce the ability of white blood cells to destroy microorganisms, very handy at this time of year when bugs are in abundance.

2. SATURATED FAT

Cut down on saturated fats.

Increased levels of cholesterol and fats in the blood can inhibit various immune functions so avoid too many red meats and dairy products.

3. ESSENTIAL FATTY ACIDS

Eat more oily fish, nuts and seeds.

These essential oils are great for a good immune function and strength of cell membranes.

4. FRUIT AND VEG

Have colourful meals not only do they look better they are better for you too!

Plant antioxidants are found in a wide variety of foods which account for the different colours of many plants. They play a valuable role in boosting overall immunity.

5. ZINC

Increase your zinc levels.

Zinc is an important mineral for the immune system.

Eggs, leafy green vegetables and pumpkin seeds are good sources of zinc.



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