

# Nutritional Prevention of colds and flu's

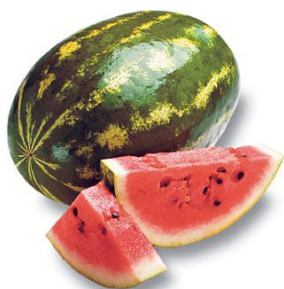
Every year, millions of people worldwide get sick with the flu (influenza) and cold. For most of us, the fever, exhaustion, aches and pains of the flu can be debilitating for a week or so, but for the elderly and those with compromised immune systems, the flu can be much more serious.

Colds and flu result in a huge cost in our health care system. It's important to note that it is possible to effectively prevent colds and flu's. The time to treat a cold is when you don't have it!! So now is the time to build up the immune systems and prepare it for the winter months. At Molloys we have researched the best nutritional and supplementation options to help keep the flu at bay naturally.



**Berries** are “super foods”. Their vibrant colours signal that they are high in anti-oxidants called anthocyanins. While they are not linked to any specific disease or illness fighting ability, the antioxidants present will help your body fight ageing and disease.

**Almonds** A handful of almonds fight the effects of stress on the body. A recommended  $\frac{1}{4}$  cup serving carries nearly 50% of your daily recommended amount of Vitamin E which helps boost your immune system. They also have riboflavin and niacin B vitamins that help you bounce back from the effects of stress.



**Watermelon** Hydrating and refreshing, ripe watermelon also contains a powerful antioxidant glutathione which is known to strengthen the immune system so it can fight off infection. Glutathione is found in the red pulpy flesh near the rind.

**Cabbage** This is another source of immune strengthening glutathione. Cabbage is easy and inexpensive to find during the winter months when it is in season. Try adding cabbage to soups and stews to sneak in extra antioxidants and boost your meals nutritional value.



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