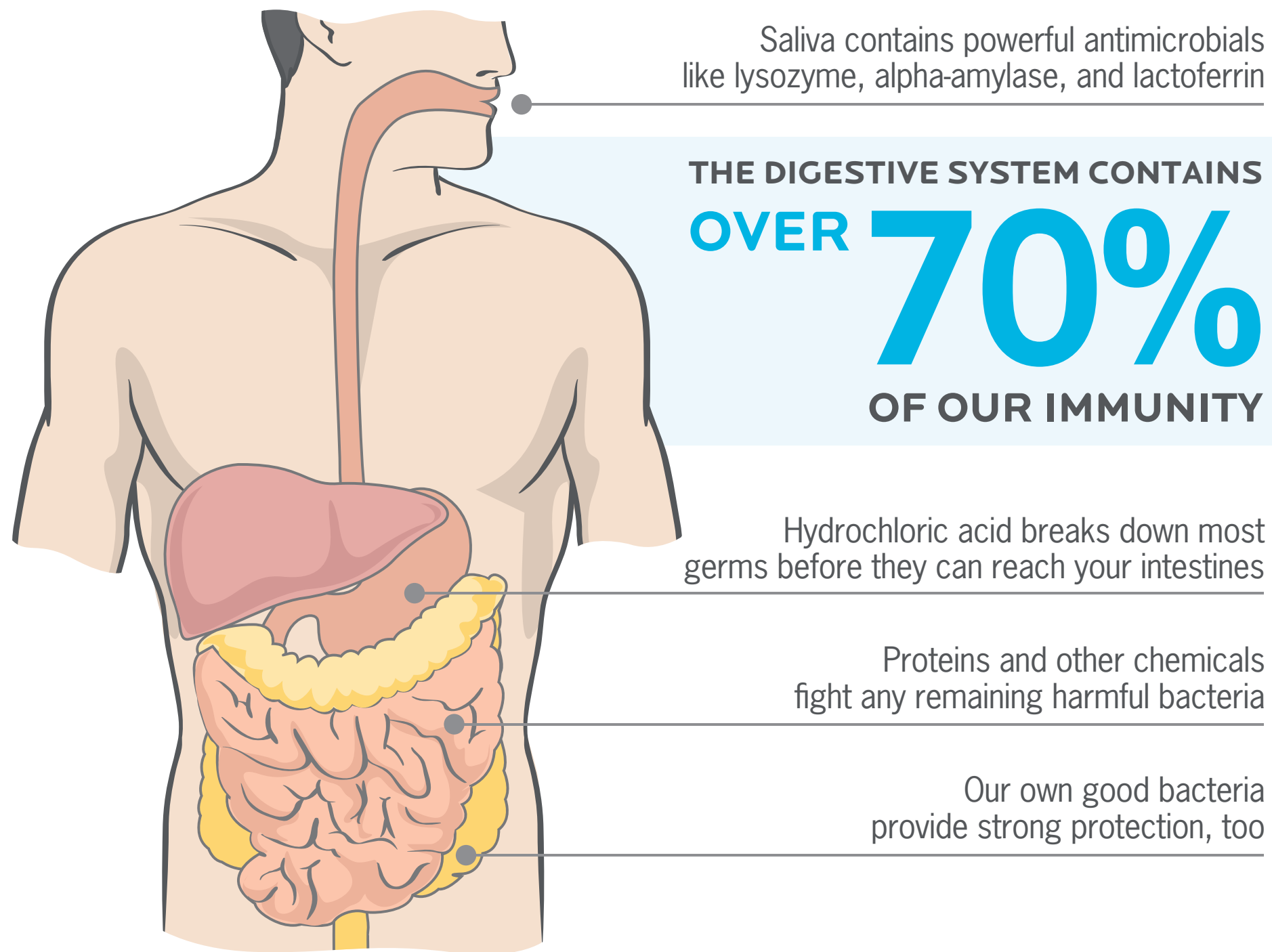


EATING WHEN SICK: SHOULD YOU FEED A COLD? STARVE A FEVER?

Here's how to fight infection faster and avoid getting sick in the first place.

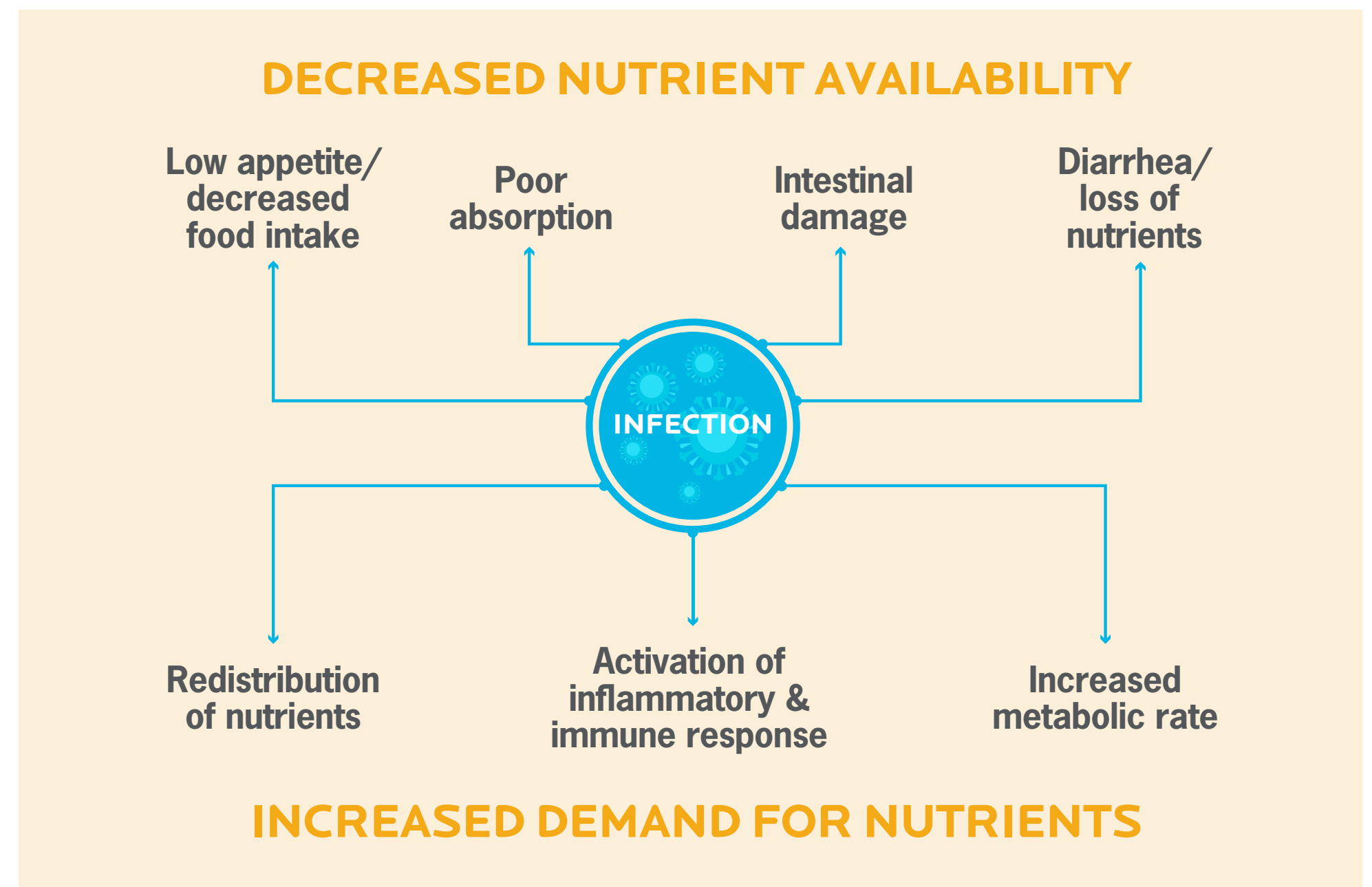
YOUR GUT: IMMUNITY HEADQUARTERS

Chemicals in the digestive tract fight bacteria, viruses and fungi.



FEEDING THE IMMUNE SYSTEM

The immune system needs plenty of nutrients, so if your diet is poor, you'll get sick more often (catch-22: you eat and absorb less when you're sick).

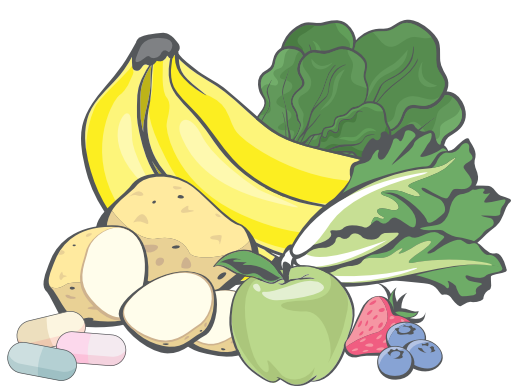


BALANCE YOUR GOOD BACTERIA

Prebiotic and probiotic foods will help by building your healthy bacteria. If you're already sick, though, consider supplementation.

PREBIOTICS

(2-3 SERVINGS A DAY)



- **Vegetables:** asparagus, garlic, Jerusalem artichokes, leeks, onions
- **Carbs:** barley, beans, oats, quinoa, rye, wheat, potatoes, yams
- **Fruit:** apples, bananas, berries, citrus, kiwi
- **Fats:** flax seeds, chia seeds
- **Supplements:** With meals, take capsules or powders containing 2-4g per day.

PROBIOTICS

(1-2 SERVINGS A DAY)



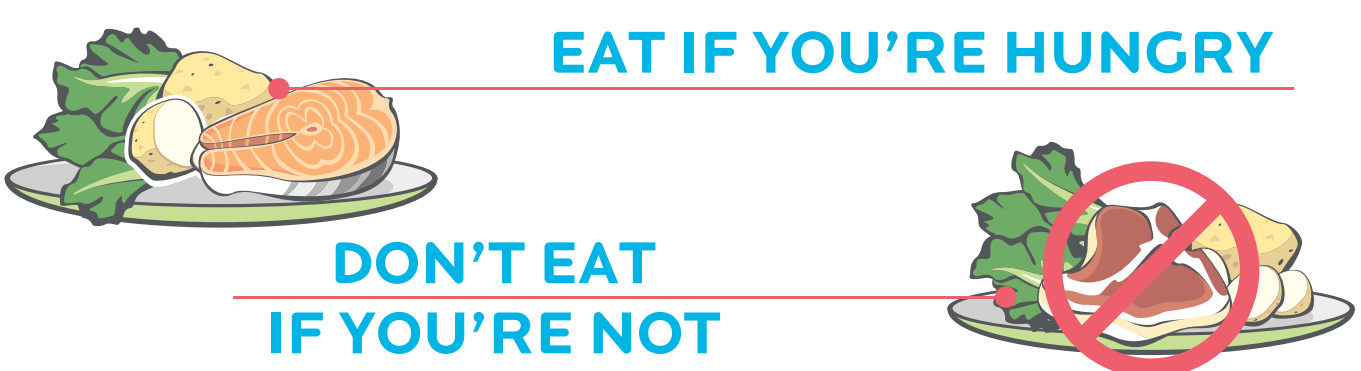
- **Dairy:** yogurt, cheese and kefir with live and active cultures
- **Fermented products:** pickles, sauerkraut, kimchi, miso, tempeh, soy sauce, wine
- **Supplements:** With meals, take refrigerated capsules or powders providing 3-5 billion "live organisms" per day (10 billion if you're sick).

ABOUT "FEED A COLD, STARVE A FEVER"...

Even the healthiest diet can't protect you from every invader. So, how much should you eat when you're sick?



Science hasn't confirmed whether or not "feed a cold, starve a fever" actually works. Which is why the best prescription is probably:



FOODS THAT CAN SPEED RECOVERY...

Shown to fight germs and improve symptoms, these may help you feel better faster.



GARLIC

Acts as an antibiotic; can lessen the severity of colds and other infections.



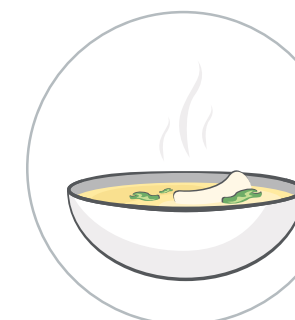
GREEN TEA

Boosts B cell antibodies; helps us get rid of invading pathogens.



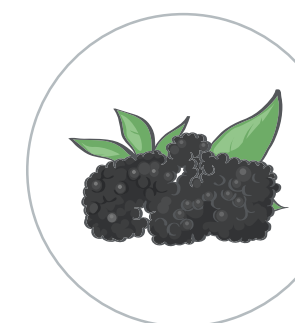
HONEY

Antibacterial and antimicrobial properties; an effective cough suppressant.



CHICKEN SOUP

Provides fluids, electrolytes and anti-inflammatory nutrients that decrease symptoms.



ELDERBERRIES

Anti-viral properties; rich in phytonutrients.

...AND SUPPLEMENTS THAT MAY HELP, TOO



- Vitamin C
- Zinc
- Elderberry Extract
- Ginseng
- Quercetin
- Beta-glucan
- Stevia
- Selenium

YOUR STAY-HEALTHY PRIORITIES (IN ORDER OF IMPORTANCE)

TO PREVENT GETTING SICK:

- Avoid over- or under-exercising
- Avoid over- or under-eating
- Maintain a healthy body weight
- Wash your hands
- Get enough sleep and manage stress
- Eat nutrient-dense foods
- Feed your healthy bacteria

IF YOU'RE ALREADY FEELING SICK:

- Drink lots of fluids
- Rest and recover
- If you're hungry, eat
- If you're not hungry, don't
- Focus on immune-boosting foods
- Supplement with pre- and probiotics
- Use immune-boosting supplements