



HOW TO FIGHT COLD AND FLU NATURALLY

How to Fight Cold and Flu Naturally

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A healthy diet full of healing and immune boosting nutrients is essential in helping you recover faster. Here are some foods you should eat when you're sick:

Easily Digestible Protein

Getting enough protein is important whether you are sick or healthy, because it strengthens your body. Since your tummy may not be up for a steak, and you probably don't have the energy to cook, choose easily digestible proteins that take little or no time to prepare such as eggs, tofu, cottage cheese, fish, chicken, nuts, and beans. You can kill two birds with one stone by cooking these proteins in a clear broth soup.

Citrus Fruits

Even though vitamin C may not shorten the duration of your illness, don't ditch citrus fruits altogether. The soft white skin found on oranges, grapefruit, lemons, and limes contain flavonoids, which increase immune system activity.

Cruciferous Veggies

Glutathione is a powerful antioxidant that fights infection. It's found in the red, pulpy fruit of the watermelon, and also cruciferous veggies like broccoli, collard greens, kale, and cabbage. If you're not up for eating, try blending these into a shake with fruit and liquids.

Foods Rich in Vitamins B6 and B12

Vitamins B6 and B12 are healing nutrients, and foods that are high in protein are often great sources of B vitamins. So get your fill of fish, milk, nutritional yeast, fortified soy milk and cereals, potatoes, spinach, and turkey.

Soups and Broths

Clear broths like miso, chicken soup, and veggie broth will keep you hydrated and are easy to digest if you don't have much of an appetite. If you are feeling hungry, soups that contain chunks of veggies, whole grains like barley, and some kind of lean protein like beans will offer vitamins and nutrients to help your body fight infection. The hot liquids will also warm your body if you have the chills, and relieve congestion.

Liquids

You may not feel like eating solid foods, but make sure to take in plenty of fluids. Water and ginger ale are good choices if you have an upset stomach, and electrolyte-infused beverages like Smartwater or Gatorade are a good option if you've been visiting the bathroom or vomiting a lot. Real fruit juices like OJ, grapefruit, and apple cider will offer calories and nutrients to prevent feeling dizzy from not eating. If you have a stuffy nose or sinus congestion, choose hot liquids such as tea with lemon. Green tea supports the immune system, and if you add a little honey, it will also coat a scratchy throat.

Exercise

As tempted as you may be to get back to your exercise routine, listen to your body. If you have the energy, limit exercise low intensity until you return to health. Low intensity exercise will facilitate circulation, which helps every system in the body function at a slightly higher capacity and efficiency. If you can take the exercise outside, do it! - the fresh air and Vitamin D is cleansing and immune boosting.

Most info from the brain of Larah Kornfeind, CPT & Nutritionist. Some content referenced from <http://www.webmd.com>