

ANTI-COLDS AND INFLUENZA REGIME

Good foods

- Red peppers (raw better than cooked)
- Sunflower seeds, almonds, brazil nuts, walnuts,
- Onions,
- Garlic
- Raw flax seeds
- Carrots, sweet potatoes
- Shitake and Oyster mushrooms
- Spinach, watercress
- Eggs
- Broccoli, cabbage, sprouts
- Wild salmon
- Asparagus
- Peanuts (if non allergic)
- Avocado
- Ginger
- Tomatoes (vine ripened)
- Fresh herbs: parsley, sage, basil, oregano, thyme
- Blackcurrants, raspberries, kiwi (excellent vitamin C levels), mangoes

Food and substances to avoid

Sugar (turns the immune system off for several hours) *For occasional sweetener use Manuka honey* Cigarettes
Additives (colours, artificial flavours etc) Preservatives Regular deep fried food

Supplement regime is based on keeping it as low cost as possible yet still be effective

Daily supplements

- Vitamin C (between 500mgs(1/2 gram) – 2000mgs (2grams) per day. If your stomach cannot tolerate ordinary vitamin C, then take the non acidic 'Buffered Vitamin C')
- Solgar Zinc Lozenges (suck one per day underneath your tongue so it goes straight into your blood stream)
- Vitamin D3 is manufactured in the skin when exposed to sunlight. In autumn and winter Vitamin D3 levels usually plummet. It is impossible to get enough Vitamin D3 from your diet alone. Low Vitamin D3 levels are now considered to be the major reason for winter colds and 'flu'. Dosage advice varies from 600 to 2200 ius (international units) daily. Low Vitamin D3 levels lowers immunity.

Every Sunday

Take 2 Resveratrol capsules (Resveratrol is found in red grape skins, Japanese knotweed and peanuts. It stops virus replication.) Best to take one at breakfast and one at lunchtime.

If you are getting symptoms of a cold or flu immediately start taking extra supplements

Solgar Beta Glucans immune complex Take two capsules per day. Beta Glucans boost macrophage and lymphocyte (immune) activity.

Resveratrol (Take 1 twice per day until symptoms subside) Continue with the vitamin C as normal

When better return to normal regime.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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