

## Anti Colds and Influenza Regime

### Good foods

Red peppers (raw better than cooked)

Onions (some raw good), garlic

Carrots, sweet potatoes

Spinach, watercress

Broccoli, cabbage, sprouts

Asparagus

Avocado

Tomatoes (vine ripened)

Blackcurrants, raspberries, kiwi (excellent vitamin C levels), mangoes

Sunflower seeds, almonds, brazil nuts, walnuts, raw flax seeds

Shitake and Oyster mushrooms

Eggs

Wild salmon

Peanuts (if non allergic)

Ginger

Fresh herbs: parsley, sage, basil, oregano, thyme

### 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)

### 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.

### 2 weeks on, 2 weeks off

Higher Nature: Echinacea with Black Elderberry

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

Solgar: Elderberry, Goldenseal and Olive Leaf Formula (Adults 2-5 capsules daily short term. DO NOT take any product with Goldenseal if you are or may become pregnant)

and

Resveratrol (Take 1 twice per day until symptoms subside)

Continue with the vitamin C as normal

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When better return to normal regime.

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

**Ian Rumboldt – Clinical Director, Belper Natural Health Centre, 10-12 Chapel Street, Belper. DE561AR. [www.belpernaturalhealth.co.uk](http://www.belpernaturalhealth.co.uk) Tel 01773 820220**