

Dr. Meera – TIPS FOR COLD AND FLU PREVENTION

→Keep your system as alkaline as possible, as disease and infection thrives in an acidic environment!

- Eat a whole foods diet rich with: leafy greens (spinach, kale, broccoli, Brussel sprouts, bok choy, collards, arugula, cilantro, parsley), mushrooms, beets, carrots, ginger, onions, garlic, and dark coloured fruits which are filled with antioxidants.
- Avoid refined sugars and carbohydrates (sugar consumption has been shown to decrease WBC (white blood cell) activity by 50% for a two hours after it's ingestion.
- Minimize or eliminate alcohol and dairy intake (dairy is known to be phlegm and mucous forming)
- Ensure that you are consuming an adequate amount of protein for your body weight in order to support immune function (for men this is approximately 1gm/kg of body weight and for women this is 0.8gm/kg of body weight)
- Wash your hands frequently!
- Ensure adequate water intake to flush the toxins (approximately 1/2 your body weight in ounces is a good rule of thumb)
- Ensure you are getting adequate sleep as your heal and repair during these crucial hours.