

FIGHTING COLDS AND FLU WITH NUTRITION

We are in the colder winter months, which means cold and flu season is here! Lots of people are encouraged to get the flu shot but how about building up your own immune system instead? One way to do that is to increase the amount of vitamin C in your diet. There is research that suggests that vitamin C can help prevent and reduce the severity of colds. Do you know what fruits (in addition to citrus) and vegetables contain Vitamin C? Here is a list of a few:

FOODS RICH IN VITAMIN C

FOOD	SERVING SIZE	Mg of VITAMIN C
Sweet red bell peppers (raw)	1 medium	141
Brussels Sprouts, boiled	1 cup	124
Orange	1 large	98
Strawberries	1 cup	82
Kiwi Fruit	1 each	75
Sweet green bell peppers (raw)	1 medium	66
Broccoli pieces - raw	1/2 cup	41
Raspberries	1 cup	30
Sweet Potato- baked	1 medium	28
Kale, boiled	1/2 cup	27

The recommended dietary intake for vitamin C as published by the National Academy of Sciences is 60 mg/day. Dr. Neil Nedley in his book *Proof Positive* recommends that we take in about 250 mg of vitamin C per day.

If you should get a cold - try this **RUSSIAN PENICILLIN RECIPE:**

All fruits are unpeeled and roughly cut up.

2 Grapefruits

2 Lemons

2 Oranges

1 Onion - peeled

5 Garlic cloves - remove peel and crush

2 Quarts of water + 1 teaspoon of Eucalyptus Oil or Peppermint oil

Boil the entire mixture for 20 minutes - covered. Allow to cool completely then squeeze juice from all the pieces then strain into a container with lid.

Drink 1 cup at least two - four times daily. Store in the refrigerator.

This is a natural antibiotic and works against bacterial and viral infections. This mixture should cause mucus to be coughed out of the system.