



### **Don't let colds or flu flatten you this winter**

With winter in full swing, we are facing the increased risk of colds and flu. In addition to frequently washing hands and getting a flu shot, it's also very important to strengthen the immune system to keep flu and colds away.

There is no single *wonderfood* that can stave off cold and flu attacks, but focusing on healthy foods with the right nutrients will certainly help to strengthen the immune system.

- **Vitamin C - your best flu-fighting friend.** Ensure you get a healthy dose of vitamin C by increasing your intake of fresh fruits and vegetables, especially citrus fruits, strawberries, broccoli, cabbage, tomatoes and kiwifruit.
- **Your A – Z: vitamin A to Zinc.** You'll find sources of vitamin A in vegetables like squash, sweet potatoes, spinach and carrots. Zinc is also an important mineral for boosting immunity. It is found in chicken, fish, legumes, dairy foods, eggs, pumpkin and sunflower seeds.
- **Don't forget vitamin D and the 'healthy fats'.** Dull skies and time indoors means our intake of this vitamin reduces in winter. Take a vitamin D3 tablet with healthy fats, such as walnuts, almonds, hazelnuts, peanuts, olive oil and avocados, as this aids absorption of both vitamin D and A
- **Build your antibodies with protein.** Protein provides the raw materials our bodies need to manufacture antibodies to fight diseases. Great choices include skinless white-meat chicken, turkey breast, low-fat dairy, fish, nuts, beans and tofu.

Please visit your local chemist or medical practitioner if you have FLU!

### **New Website, More information!**

The MedicAlert® Foundation website has been revamped and you will find a lot more information on Wellness and Financial Health on the website, visit [www.medicalert.co.za](http://www.medicalert.co.za) for more information.

Once again we implore you to make sure your details on our database are up to date – it will make all the difference in an emergency!

**MedicAlert® Consultants are waiting for your call to assist where they can - phone 021 4257328. The place where we still speak to people! Contact us!**