

[IMAGE]

Three Natural Foods To Fight The Flu

Flu season is in full effect. Are you prepared? If you are looking to staying healthy this flu season go for a few natural foods that can boost your immune system. Here are three that have been proven to do the job:

1. Raw garlic

Garlic is considered a powerful flu fighter. Garlic contains compounds called allion and allicin, which have direct antiviral effects. A good way to get some garlic in your daily meals is by incorporating it into your recipes. You can also buy supplements to swallow whole as a boost.

2. Get Spicy

Using some spices such as turmeric, cloves and cinnamon can beat the flu even before it starts. These spices are packed with antioxidants, which help improve the function of the immune system. Try pouring some cinnamon on your holiday tea and coffee. You can also enjoy turmeric on some of your favorite dishes.

honey - Copyright â Stock Photo / Register Mark 3. Berries

All berries have high concentrations of antioxidants to help fight off flu viruses. Blueberries were found to have more antioxidants than 40 other fruits and vegetables. Try eating a handful of raw berries every day to help you stay healthy during the flu season. You can also use these in smoothies and salads.

Try out these three natural foods to get your immune system going!

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