

# Boost Your Immune System



Take proactive measures this cold and flu season.

The Centers for Disease Control and Prevention estimates that each year in the United States, on average, **5%–20% of the population** gets the flu and more than **200,000** people are hospitalized with flu-related complications. Americans spend an estimated **\$10.4 billion** each year on direct, flu-related expenses. Influenza activity tends to peak in January and February, so it's important to keep your immune system strong with a multipronged approach.

A recent study found that, when administered within 24 hours of the onset of symptoms, **ZINC** reduced the duration of common-cold symptoms in healthy people. Researchers suggest a dose of **75 MILLIGRAMS** per day.



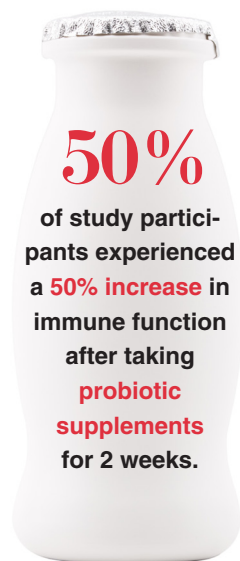
As part of a program called "Operation Stop Cough," military recruits were told to wash their hands at least five times a day. After 2 years, the **HAND-WASHING** team reported **45% FEWER CASES** of respiratory ailments than recruits from the year before, who did not participate in the program.



AS IT TURNS OUT, CHICKEN NOODLE SOUP

REALLY IS A GOOD REMEDY, THANKS TO ITS ABILITY TO THIN MUCOUS. OTHER SUPPORTIVE FOODS TO EAT DURING COLD AND FLU SEASON INCLUDE GARLIC, ONIONS, MUSHROOMS, CITRUS FRUITS, GINGER AND HONEY.

Though not everyone agrees that a **flu shot** is mandatory to personal health, the CDC recommends an annual flu vaccine for everyone 6 months of age and older.



**50%** of study participants experienced a **50% increase** in immune function after taking **probiotic supplements** for 2 weeks.

One study found that the frequency of colds in **people who exercised 5 or more days** a week was up to **46% less** than in those who exercised only 1 day or less during a week.

