INGREDIENTS TO AVOID THE FLU

Winter is the season for colds and flu. According to the Department of Health, flu kills between 6000 - 11 000 South Africans, each year. A weak immune system can make you more vulnerable to infections.

In addition to a healthy lifestyle, use these cold and flu-fighting ingredients to help boost your immune system and keep infections at bay:

Garlic

Garlic is rich in antioxidants, which help the immune system fight germs and viruses. One of the main active ingredients in garlic is allicin, which gets activated when raw garlic is chewed or crushed. Allicin boosts the disease-fighting response of your white blood cells to rid your body of viruses.

Garlic is best eaten raw (and crushed) but can also be added to soups at the end of the cooking process.

Honey

Honey is rich in antioxidants and has antimicrobial and antibacterial properties that fight infections and soothe pain (such as sore throats).

Add it to teas and soups to give a sweet and tasty flavour.

Ginger

This anti-inflammatory, antiviral, and antibacterial ingredient is a powerful fighter against colds and flu. It helps boost the immune system, improve circulation, relieve pain, and reduce inflammation in the body.

Add it to soups when you're ill or make a soothing tea by adding fresh ginger and honey to hot water.

Turmeric

Turmeric is a strong antioxidant that protects your cells and boosts your immune system. It's also anti-inflammatory, antibacterial, and antiviral.

Add it to rice or sprinkle it over roast potatoes to experience its health benefits.

Vitamin C

A study published in the *Journal of Manipulative and Physiological Therapeutics* found that vitamin C in mega doses, taken before or after cold or flu symptoms appear, can decrease symptoms by 85%.

Add these ingredients to your diet to help avoid infections this winter. After all, when it comes to winter sniffles, prevention is better than cure.

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