

## BE. WELL. KNOCK. IT. GOOD.

*The autumn and winter months can be synonymous with sniffles and colds, so it is important to nourish our bodies with foods and activities that can help us stay well, or if we do catch something, to “knock it good!”*

- ✓ **B**ell peppers: great source of vitamin C
- ✓ **E**xercise: moves lymph to get rid of “trash/toxins”
  
- ✓ **W**ater: essential; clears waste
- ✓ **E**chinacea tea: boosts the immune system (not good for autoimmune)
- ✓ **L**emons/citrus: vitamin C, aids liver function, may help with colds, sore throat, bronchitis & fever
- ✓ **L**augh: “a cheerful heart is good medicine” Proverbs 17:22
  
- ✓ **K**iwi: fiber to rid toxins, vitamin C (more than oranges!), potassium for electrolytes
- ✓ **N**o sugar: can shut off the immune system up to 5 hours! ☹
- ✓ **O**range: boosts immune system, vitamin C rich
- ✓ **C**ayenne pepper: moves fluid and mucus to help de-congest the body
- ✓ **K**ale: some sources say it may help prevent cancer, provides zinc
  
- ✓ **I**ncrease probiotic promoting foods like plain organic yogurt: probiotics in the gut support the immune system
- ✓ **T**hyme (herb): has been used to help sore throats and cough
  
- ✓ **G**arlic: anti-viral and anti-bacterial; has been used for coughs, colds and congestion
- ✓ **O**nion: anti-inflammatory, has been used for croup and lung congestion
- ✓ **O**regano (herb): has been used for fever, to help decongest and is high in antioxidants
- ✓ **D**ecrease dairy: usually dairy such as ice cream, cheese and milk causes people to be more congested (plain organic yogurt can be used)

For supplement suggestions: [Probiotic 11](#), [Elderberry Immune Soft Chews](#), [Seasonal Defense](#)

Information for education only. This is not to take the place of medical attention, nor is it intended to treat, prevent, cure or diagnose disease. Source: Balch, Phyllis A., CNC. [Prescription for Dietary Wellness](#), 2<sup>nd</sup> Ed. Avery: 2003. Print.