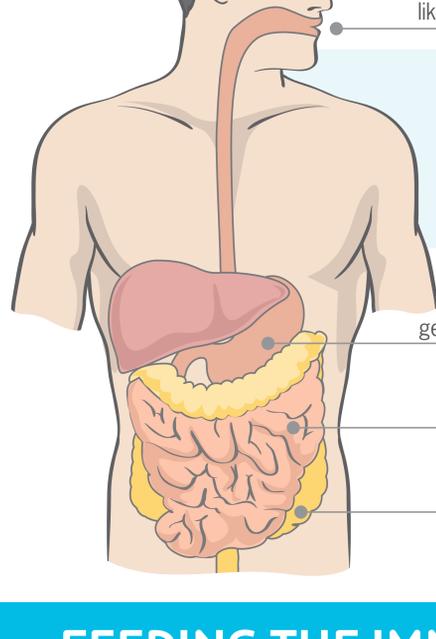


EATING WHEN SICK: SHOULD YOU FEED A COLD? STARVE A FEVER?

Here's how to fight infection faster and avoid getting sick in the first place.

YOUR GUT: IMMUNITY HEADQUARTERS

Chemicals in the digestive tract fight bacteria, viruses and fungi.



Saliva contains powerful antimicrobials like lysozyme, alpha-amylase, and lactoferrin

THE DIGESTIVE SYSTEM CONTAINS **OVER 70%** OF OUR IMMUNITY

Hydrochloric acid breaks down most germs before they can reach your intestines

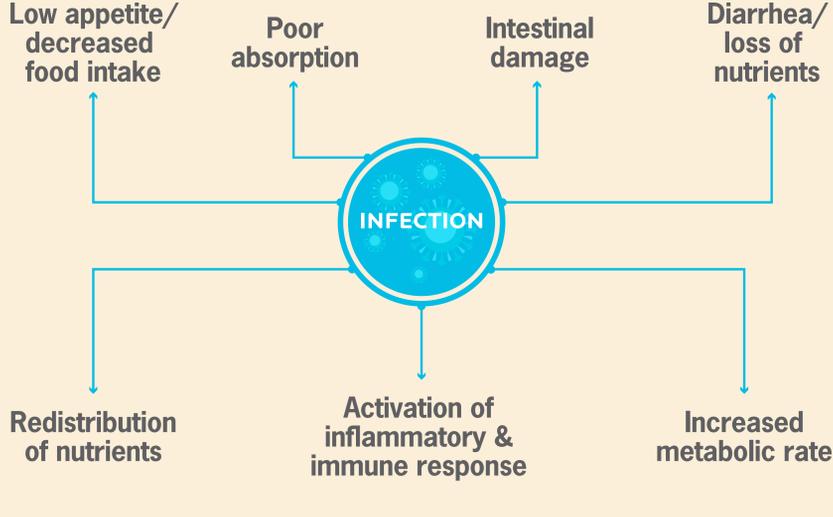
Proteins and other chemicals fight any remaining harmful bacteria

Our own good bacteria provide strong protection, too

FEEDING THE IMMUNE SYSTEM

The immune system needs plenty of nutrients, so if your diet is poor, you'll get sick more often (catch-22: you eat and absorb less when you're sick).

DECREASED NUTRIENT AVAILABILITY



INCREASED DEMAND FOR NUTRIENTS

BALANCE YOUR GOOD BACTERIA

Prebiotic and probiotic foods will help by building your healthy bacteria. If you're already sick, though, consider supplementation.

PREBIOTICS

(2-3 SERVINGS A DAY)



- **Vegetables:** asparagus, garlic, Jerusalem artichokes, leeks, onions
- **Carbs:** barley, beans, oats, quinoa, rye, wheat, potatoes, yams
- **Fruit:** apples, bananas, berries, citrus, kiwi
- **Fats:** flax seeds, chia seeds
- **Supplements:** With meals, take capsules or powders containing meals containing 2-4g per day.

PROBIOTICS

(1-2 SERVINGS A DAY)



- **Dairy:** yogurt, cheese and kefir with live and active cultures
- **Fermented products:** pickles, sauerkraut, kimchi, miso, tempeh, soy sauce, wine
- **Supplements:** With meals, take refrigerated capsules or powders providing 3-5 billion "live organisms" per day (10 billion if you're sick).

ABOUT "FEED A COLD, STARVE A FEVER" ...

Even the healthiest diet can't protect you from every invader. So, how much should you eat when you're sick?

FEVERS | BACTERIAL INFECTIONS | VIRAL INFECTIONS | COLDS

Science hasn't confirmed whether or not "feed a cold, starve a fever" actually works. Which is why the best prescription is probably:

EAT IF YOU'RE HUNGRY



DON'T EAT IF YOU'RE NOT



FOODS THAT CAN SPEED RECOVERY...

Shown to fight germs and improve symptoms, these may help you feel better faster.



HONEY

Antibacterial and antimicrobial properties; an effective cough suppressant.



GARLIC

Acts as an antibiotic; can lessen the severity of colds and other infections.



CHICKEN SOUP

Provides fluids, electrolytes and anti-inflammatory nutrients that decrease symptoms.



GREEN TEA

Boosts B cell antibodies; helps us get rid of invading pathogens.

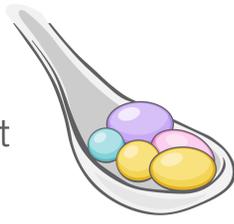


ELDER-BERRIES

Anti-viral properties; rich in phytonutrients.

...AND SUPPLEMENTS THAT MAY HELP, TOO

- Vitamin C
- Zinc
- Elderberry Extract
- Ginseng



- Quercetin
- Beta-glucan
- Stevia
- Selenium

YOUR STAY-HEALTHY PRIORITIES (IN ORDER OF IMPORTANCE)

TO PREVENT GETTING SICK:

- Avoid over- or under-exercising
- Avoid over- or under-eating
- Maintain a healthy body weight
- Wash your hands
- Get enough sleep and manage stress
- Eat nutrient-dense foods
- Feed your healthy bacteria

IF YOU'RE ALREADY FEELING SICK:

- Drink lots of fluids
- Rest and recover
- If you're hungry, eat
- If you're not hungry, don't
- Focus on immune-boosting foods
- Supplement with pre- and probiotics
- Use immune-boosting supplements