

Avoiding Colds and Flus

In the last issue I told you how to save money on organic produce. In the next we'll talk about what is most important in reading food labels. Future issues cover dieting, better sleep, headaches, fatigue, etc. These updates are science-based, easy to read, and always free. Please [subscribe](#) and forward this email to friends and family. We plan to send future issues only to those who asked to receive it.

It is called “the colds and flu season” because so many get sick. But you and your family don't have to be victims. Follow these steps to be the “lucky” person who doesn't get whatever is going around at school or the office.

1. Avoid sugar because it is a major drag on the immune system. Nuts and fruit will help dull the urge. If you have a rough time avoiding sugar—feel addicted even—you may have too much yeast in your system. To learn more about that [take the yeast quiz](#) in the “Digestion” section at that link.
2. Wash your hands often, especially when you are in public places or shaking hands frequently. (Sanitizing hand wipes are very drying and contain chemicals that can be absorbed.) Be even more vigilant if visiting a hospital where the nastiest bugs hang out.
3. Unless you just washed your hands, don't be tempted to rub your eyes or pick a dry winter booger because that puts the germs right where they can quickly set up shop.
4. Vitamin D is crucial to avoiding infectious disease (as well as avoiding cardiovascular disease, cancer, depression, autoimmune conditions and much more.) Over 1/2 of Americans are deficient in Vitamin D all year and this “sunshine” vitamin is even scarcer in the winter. A usual supplement dose is 1,000-2,000 IU. More info at the non-profit [Vitamin D Council](#).
5. To boost your immunity, there is nothing better than colostrum. It is nature's first and most potent immune supplement. Colostrum lozenges are delicious and especially handy for children. [Read more](#).
6. Stress and lack of sleep both reduce immune function, so avoid burning the candle at both ends. Prioritize your to-do list. If something at the bottom doesn't get done...oh well, at least you are healthy enough to tackle it tomorrow!