

Healthy Handout

Volume 1
Issue 9

Natural Immune Boosters

Staying Healthy in Cold & Flu Season

In This Issue

Cold & Flu
Prevention



QHD Recipe



Schedule of
Events



Coupon!

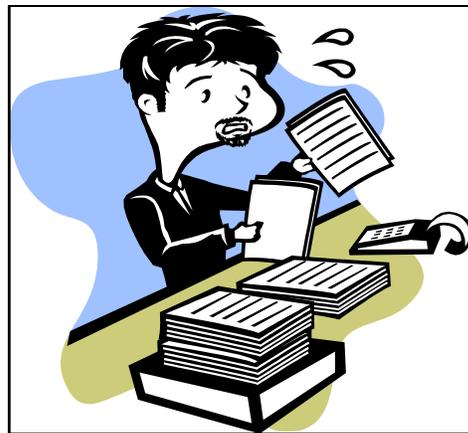
Everyone has heard that colds don't come from cold weather. While that is true, colds and other viral infections do occur more frequently in the fall and winter months. Seasonal factors such as temperature, light change and even holidays can play a part in weakening your immune system.

Fortunately, there are easy ways to strengthen your immune system during cold season. These include supplementing your diet with probiotics and certain vitamins and controlling your sugar intake.

Since there is less sunlight in the fall and winter months, people don't produce as much vitamin D (D-3). When D-3 levels drop, your immune system doesn't function as well. D-3 acts as a precursor to a steroid hormone which regulates production of antimicrobial peptides.

Unlike antibiotics, which indiscriminately kill all bacteria in your body, antimicrobial peptides target pathogens. As a result, they kill harmful bacteria while preserving probiotics, and they eliminate fungal and viral pathogens as well.

Just as D-3 levels drop in the colder months, vitamin C intake usually declines since people don't eat as many fresh fruits and vegetables. Vitamin C has been a popular recommendation for fighting cold and flu for years, and it does benefit your



Never miss another day of work...yay.

immune system in many ways.

In order to attack pathogens, vitamin C increases production of white blood cells. Vitamin C can also increase levels of interferon, an antibody that coats cell membranes to protect them from invaders. So vitamin C not only helps fight infections, but it helps prevent them from happening in the first place.

Probiotics are beneficial bacteria that contribute to digestive health and a strong immune system. Common sources of probiotics include cultured dairy products like yogurt and kefir, and they are also manufactured as supplements.

Probiotics improve digestive health by

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Store Information

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Hours

Mon-Fri 9 a.m.-7 p.m.
Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

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eliminating waste in the gastrointestinal tract. They also help maintain the mucosal lining of the intestines, which protects them from unwanted bacteria.

In the August 2009 issue of *Pediatrics*, a study was published showing the results of probiotic supplementation on 3-5 year old children. The results showed a dramatic improvement in the health of the children (see table following article).

Keeping up with your nutrition is important during cold season, especially around the holidays. Because of the pies, cookies and other treats that people eat during Thanksgiving and Christmas, sugar intake goes way up.

One teaspoon of refined white sugar can decrease the effectiveness of your immune system for up to four hours.

When you consider that one can of soda has eight or nine teaspoons of sugar, it's easy to see how quickly you can damage your immune system if you're not careful.

Luckily, there are also foods that help your immune system. The high concentration of sulfur in garlic makes it a powerful immune booster. Also, cruciferous vegetables like broccoli, cauliflower and cabbage contain sulfur compounds that have anti-viral properties as well.

So there is no miracle cure for the cold. The best you can do is take in plenty of nutrients through supplements, fruits and vegetables. That way, you build the defenses your body already has.

Upcoming Events

October 9
Fatigue Support Group
1 p.m.



October 10
Weight Loss Surgery Group
11 a.m.



October 15
Kathy Miller Book Signing
4-7 p.m.



October 17
Intro to Painting
10 a.m.



October 22
Samples from M&B
3-5 p.m.



Questions?
Visit our website for more information about our programs.



Quick ~ Healthy ~ Delicious



Creamy Tomato-Balsamic Soup

- 1 C beef broth (divided in halves)
- 3 Tbsp balsamic vinegar
- 1 C chopped onion
- 2 (28oz) cans whole tomatoes, drained
- cracked black pepper (optional)
- 1 Tbsp brown sugar
- 1 Tbsp soy sauce
- 5 cloves garlic
- 3/4 C half & half

Preheat oven to 500 degrees. Combine 1/2 cup of broth, sugar, vinegar, and soy sauce in a small bowl. Place onion, garlic, and tomatoes in a 13 x 9-inch baking pan coated with cooking spray. Pour broth mixture over tomato mixture. Bake at 500 degrees for 50 minutes or until vegetables are lightly browned.

Place tomato mixture in a blender. Add remaining 1/2 cup broth and half-and-half, and process until smooth. Strain mixture through a sieve into a bowl; discard solids. Garnish with cracked black pepper, if desired.

Probiotics Study Results

Reduced incidence of:

Fever	72.7%
Coughing.....	62.1%
Rhinorrhea.....	58.8%

Reduced duration of all three by 48%

Reduced antibiotic use by 84.2%

Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.