

FOOD TO EAT WHEN YOU'RE NOT FEELING WELL

WATER

When you're under the weather, it's easy to get dehydrated, especially if you have a fever. Fevers draw water out of the body. Gastrointestinal illnesses can also cause dehydration due to water loss. Stay hydrated with water to keep the immune system running properly. Water helps keep the body's fluids balanced for optimal functioning. If you think you're drinking plenty of water, try an alternative like coconut water or small amounts of Gatorade or Pedialyte to balance out electrolytes.

Alliin, a component in garlic, boosts your immune system. Consistent intake can shorten the length of time that you are sick. Tip: crush or chop garlic and let stand 15 minutes prior to cooking to maintain alliin levels.

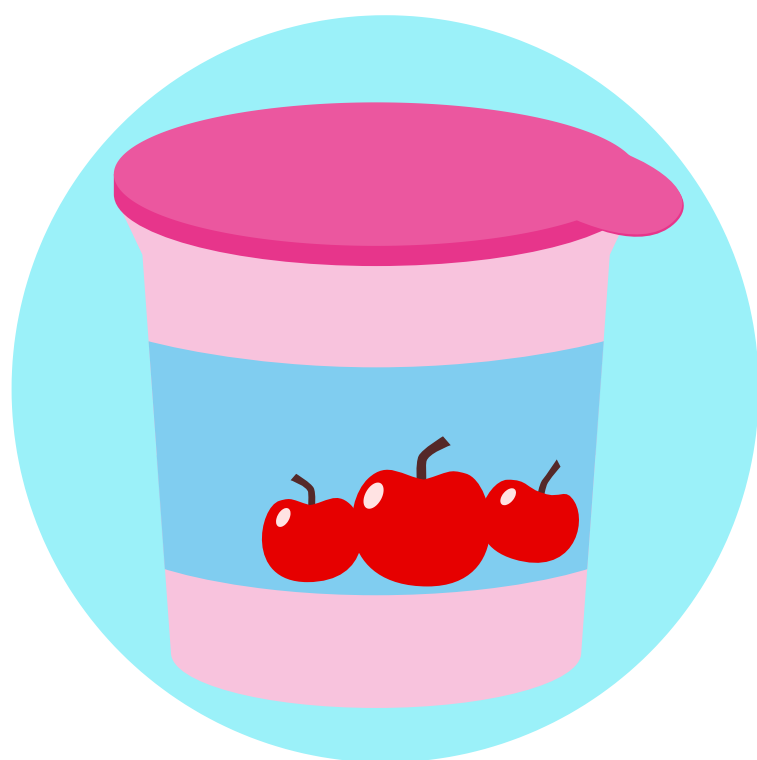


GARLIC



HONEY

Honey can help relieve a persistent cough. It also has antimicrobial properties that can help clear up infections.



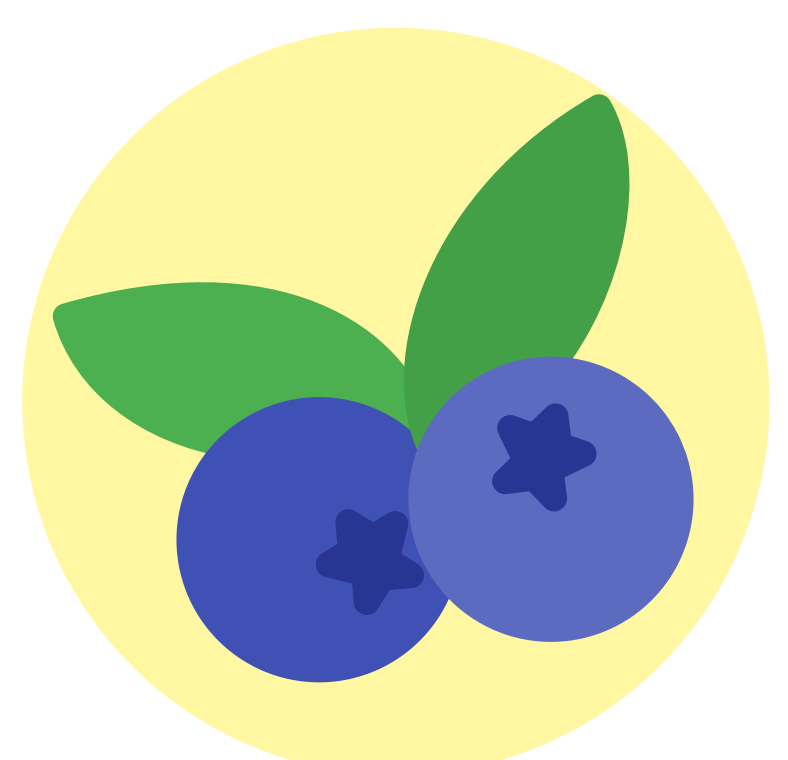
YOGURT

It contains probiotics, which help in providing a healthy microbiota flora (gut). This raises the immune system which assists in protecting from the common cold and bowel diseases. It can also help reduce the length of time with an illness.



GINGER

There isn't a significant amount of data supporting the medicinal benefits but many people believe that ginger tea soothes an upset stomach and a sore throat. Tip: add lemon or honey to hot ginger tea.



BLUEBERRY

They are known as being one of the most antioxidant rich foods. Not only are they anti-inflammatory but they have anti-histamine properties that can potentially improve the symptoms associated with colds.