



# Top Ways to Stay Healthy During Flu Season

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While the flu season is upon us that does not mean you are automatically susceptible to the flu. Having a strong immune system, keeping your stress levels down, and eating healthily are just a few of the ways that you can help yourself prevent getting the flu.

Below are some of the top ways you can stay healthy this flu season.

**1) Keep stress at a low.** Becoming stressed lowers our immune system and makes us more susceptible to getting sick. Doing things to keep stress at a low are important. There are many activities that you can implement into your life to lower stress: taking a relaxing walk, listening to soft music, or doing your favorite creative activity at the end of the day can help to alleviate stress. Deep breathing, meditation, and yoga can also do wonders for stress. If you think, "I don't know how to meditate" and keep putting it off, remember that you can start small. There are guided meditation apps on such as "Headspace: Meditation" that help you and allow you start with 1 minute meditation sessions and gradually add more time each time you meditate. Lastly, using lavender essential oil on your pillows at night, or even during the day can relieve stress and anxiety.

**2) Boost your immune system with exercise.** Exercises such as walking, running, weight training or yoga help keep your immune system strong. Exercise helps to increase blood flow throughout the body and also helps your joints and muscles stay strong. By incorporating deep breathing and meditation to your exercise routines, you can also prime your body and immune system to stay strong.

**3) Eat nourishing foods.** Whole, unprocessed foods such as spinach, arugula, organic eggs, organic chicken, fruits and high fiber vegetables (sweet potatoes, beets, and others) are filled with nutrients and antioxidants that help you fight off harmful bacteria and germs. Choose wholesome, high quality foods to keep your body at its best health state. Garlic, specifically, has strong antimicrobial properties that can help you boost your immune system. You can cook

with garlic (mix it into a stir fry or pasta dish), or even eat it raw if you dare.

**4) Supplement.** Supplement your antioxidant rich diet with Vitamin C and Vitamin D, especially when you are feeling stressed or if feel you may be coming down with something. You can start with 500mg and may increase based on tolerance. You can take this in capsule form, or choose a product like Emergen-C packets that dissolve in water.

Supplementing with a high quality probiotic can also help boost your immune system and keep your digestive system healthy. They should be taken on an empty stomach (30 min before each meal is a good way to maximize their purpose).

**5) Drink water.** Staying hydrated is crucial in maintaining health. Aim to drink at least half of your body weight in ounces. For example, an individual who weighs 150 pounds, would need to drink at least 75 ounces of water. Staying hydrated helps to maintain energy through out the day, regulate hunger levels and keep your body working properly. Some people have said keeping a glass bottle with them and refilling it throughout the day helps them achieve their hydrating goals.

**6) Stay Positive.** Keep in mind that your thoughts are very powerful and can affect how you feel physically. When you are feeling down, try to take a step back. Write down 10 things you are grateful for and focus on those things. Participate in activities that sooth you. Again, meditation is a huge help you get one foot in front of the other or just snap out of a negative thought.

**Meditate and focus on staying healthy this flu season!**

