



## Health Yourself Byte



### FEED A COLD, STARVE A FEVER? STARVE A COLD, FEED A FEVER?

Not sure which is correct? The health experts say that starving never does a body good! To maintain a healthy immune system to fight off your cold or flu, you need to eat! Even if you're not hungry, make sure that you eat something to help your body recover. Also, stay hydrated to replace the fluids you're losing through coughing, congestion and fever. While you want to stay hydrated, pass on citrus juices if you have a cough. While the vitamin C is good for you, the acids in the juice can make your symptoms worse.

Decongestant sprays can work wonders for reducing nasal swelling and congestion but use them cautiously. If you use them more than three (3) days in a row, you may get symptom rebound which means the nasal swelling could get worse when the medication wears off.

Simple foods like tea and soup can help keep up your strength when you're sick. Chicken soup appears to help fight colds in at least two research studies. It helps clear nasal congestion as well as thin mucus so you can better cough it up. Research also shows it may have a mild anti-inflammatory effect that can help ease cold symptoms.

Drinking hot tea is another great home remedy. Hot tea helps to thin mucus and ensure proper hydration of the body. Green and black teas are filled with flavonoids which are potent antioxidants.

Stay healthy by eating foods high in antioxidants year-round . . . foods that contain beta-carotene, vitamins C and E. Antioxidants are essential nutrients that are believed to interfere with the disease process by neutralizing free radicals. Antioxidants may take away the destructive power of free radicals and help reduce your chance of illness. They may also help you recover from illness more quickly.

**FOODS RICH IN BETA-CAROTENE:** apricots, asparagus, beets, broccoli, cantaloupe, carrots, nectarines, peaches, pumpkin, sweet potato, tomatoes and watermelon.

**FOODS RICH IN VITAMIN C:** broccoli, cantaloupe, cauliflower, kale, kiwi, red, green or yellow pepper, sweet potato, strawberries and tomatoes.

**FOODS RICH IN VITAMIN E:** almonds, hazelnuts, lobster, peanut butter, sunflower seed.



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