

A-A-A-A CHOO!

EVERYBODY has been sick! I am going to try and tell you how to prevent yourself from getting sick. All it takes is eating the right things. Hmm, this might be why I have already had a cold this year.



- **ZINC** This is a trace mineral that bolsters the immune system by boosting white blood cell count. Found in: avocados, almonds, beef, cashews, chickpeas, crab, legumes, lobster (yum), pork, oatmeal, and oysters. (Also the main ingredient in Zicam, and Cold-Eze).
- **VITAMIN A** is a potent antioxidant that helps increase the amount of disease fighting cells in the body. Found in: almonds, asparagus, avocado, collard greens, peanuts, pumpkin, red bell peppers (I wonder why only red?), spinach, and sunflower seeds. Too many green things there.
- **GARLIC** contains allicin which is produced when garlic is crushed or chopped. Allicin helps ward off many pathogens and is effective against some viruses, including influenza B. Love it in a good spaghetti sauce!
- **HONEY** may inhibit activity of around 60 types of bacteria, including salmonella and E.coli. Honey may also reduce severity and frequency of some GI maladies such as diarrhea. Thanks Bees!
- **IRON** this mineral helps shuttle oxygen throughout the body and is necessary for a healthy immune system. Found in beef, beans, cashews, cereals, eggs, kidney beans, lentils, oysters, potatoes (My Fav), raisins, shrimp, spinach, tomatoes.

Now if we can all stay healthy, we will have full worship services every week! So remember to just Pass the Peace, not the germs!