

April 2009 Nutrition Newsletter

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Brace yourself for Winter!

Some of you may have already experienced some of the lovely viral flues going around.

What does a bout of flue cost you?

Money?

Energy?

Social events?

Having to restart training?



Invest in supplements that will either keep your immunity intact so you don't catch all the germs out there or help you recover faster.

Which nutrients are important to prevent viral infections?

Vitamin C :

- Is a natural ant-oxidant, which help maintain health in body cells
- Helps with absorption of iron
- Supports the immune system by supporting white blood cells that fight infection
- Helps build collagen which promotes healthy skin

Infections and illness place an increased demand on the body's vitamin C supply as taking some medications such as aspirin or birth control pills. Smoking depletes vitamin C stores completely. Good sources are guavas, citrus fruits, potatoes, strawberries, mangoes, broccoli, sweet potatoes, black currants, sweet peppers and cauliflower

Echinacea

Echinacea is a herb that has been shown to reduce the duration and severity of colds and flue. It works by increasing the body's ability to fight viruses and it also has an anti-inflammatory effect.

Nutriline has done tests with their supplements and have found that after only 2 days of supplementation, anti-viral activity and anti-inflammatory response was significantly increased

(Study published Society of Experimental and biological medicine, vol228)

Do not take for longer than 2 weeks.

Take as soon as symptoms appear. 3 tablets per day.

Omega 3

Helps to balance the body's immune system by improving cell to cell communication

