



7 Immune-Boosting Foods For Flu Season

By: Varinia Pereira

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> It's that time of year – time for food, friends, family, festivities and the flu. Here are seven immune-boosting foods that can help your body fight off the flu this season.

The first one is what dietitians are calling a super-fruit. Found in the Amazon rainforest of Brazil, the Acai berry is said to contain more antioxidants than red wine, blueberries and strawberries combined. Don't forget if you are ordering the Brazilian delight at a juice bar it is pronounced in Portuguese "Ah-Sigh-ee."

Although you may not enjoy the smell, red and green cabbage is second on the list. The good news is that cabbage is versatile and can be cooked with so many dishes and will add that immunity boost your body needs.

Yogurt is one of the oldest foods around, but even tastier than ever. There are so many flavors to choose from, all of which contain probiotics that not only improve the immune system, but also improve digestion.

Beans are 'magic' perhaps not in the way you're thinking but because they are high in fiber, protein and immune-boosting antioxi-

dants. Beans are derived from the legume family and are very tasty. Lucky for us they are also inexpensive and make a great side dish to any meal.

You may not even realize you are eating this immune boosting food, but flaxseeds can be found in breads, cereals and even tortilla chips. They are high in omega-3 fats and fiber, both of which your body needs to stay healthy.

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Next time when reaching for that luscious cake or ice cream add a serving of berries. Berries are high in antioxidants and taste great too.

Lastly, stave off vampires and the flu this winter with a little garlic in your diet. Don't forget to pick up some fresh garlic from the store and add a little to your pasta, meats and side dishes. Your breath might not thank you but your body will! <

>> ASK DR. CLARK



E-mail your health questions or concerns to Orlando Plastic Surgeon Dr. Clifford Clark: info@orlandoai.com

Q: With the stress of the holidays around the corner, I feel like it's taking a toll on my appearance. How do I achieve a well rested, stress free look during this busy season?

A: New developments in non-surgical facial improvement can make all the difference. Several times a year a little Botox in the crow's feet and frown lines wipes the stress of the world away. Volumizing the face with the newer facial fillers can fill the smile lines, hide the jowls and lift and enhance the cheeks. Those "fillers" are injected about once a year. A good in-

jector can minimize discomfort and recovery. It's important to know the credentials of the injector and less is most often best.

Q: I am looking to give a gift to my friend that will help her kick off her skin care regimen. I have been researching some of the Clarisonic brushes and I was curious to know if this would be a good way to cleanse the skin without being too harsh.

A: Cleansing, moisturizing and protecting the skin are the basics to achieving healthy, radiant skin. Cleansing the

skin is best achieved without harsh soaps, and many soap-free cleansers and synthetic detergent cleansers are on the market. These products work well for many skin types, but are not great for oily skin types, acne or make-up removal. Abrasive beads and cloths are more effective for deeper cleansing but can be irritating. The Clarisonic Brush has been shown to be most effective at deep cleansing of the skin without being too irritating. Many of my patients love the device and wouldn't leave home without it.