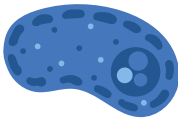


It's that time of year...

December 2024

Cold and Flu season is here.



The typical adult averages 2-3 colds a year and children average even more according to the CDC.

No one likes getting sick and it's common to wonder ...
how can I strengthen my immune system?

Your immune system is complex, so there's no fast and easy way to boost it.

Consider the following steps to boost your immune system

Eat Immune Boosting Foods:



CITRUS FRUITS—high in Vit.C. Vit.C increases the production of white blood cells, which are key to fighting infections.



GARLIC—it may add flavor to food but has long been used for medicinal purposes.


It's immune boosting properties seem to come from a heavy concentration of sulfur-containing compounds, such as allicin.




GINGER—helps decrease inflammation, which can help reduce a sore throat and inflammatory illnesses. It also helps with nausea.



GREEN & BLACK TEAS—these are packed with flavonoids, a type of antioxidant.

Exercise Regularly: 

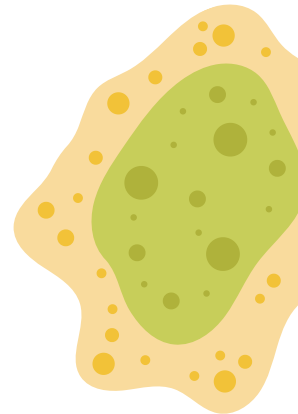
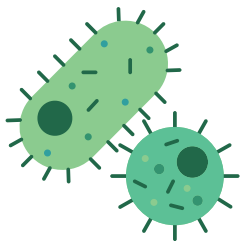
physical activity strengthens the immune system

Get Enough Sleep: 

A good night's sleep supports immune function

Manage Stress:

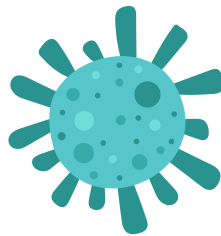
High stress levels can weaken immunity



If you eat nutritious foods, exercise and get enough sleep you're off to a great start.

But washing those hands....THAT is the most important thing to remember.

Keep those hands washed and free from germs and bacteria.



KIDDIE  **ACADEMY.**
EDUCATIONAL CHILD CARE

