



Women's Health Library

Cold and Flu Support



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Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Winter persists and many of us don't expect to catch the cold or flu virus. Unfortunately, about 5-20% of the population gets the flu each year, according to the Centers for Disease Control (CDC). Older adults and anyone around children (or around those with children) have an even greater chance of catching a bug.

This year, why not take a proactive approach and ward off any infections that may come your way? One way to accomplish this is by boosting your fruit and vegetable intake. These foods are good sources of vitamins, minerals and protein which provide maintenance nutrition to a healthy body. Taking a zinc and vitamin C supplement can add to what's lacking in the diet.

Probiotics found in yogurt, kefir, or alone in dietary supplements – also lend immune support to strengthen our defenses. Probiotics are the “good” bacteria housed within our digestive tracts. A healthy body maintains an optimal amount of beneficial bacteria in the gut.

How does gut bacteria affect the immune system? Interestingly, about 80% percent of the immune system sits right outside the gastrointestinal tract. It is believed that if the flora of the intestinal system is out of balance, it disrupts the immune system's ability to maintain its appropriate functions.

A National Center for Complementary and Alternative Medicine (NCCAM) and American Society for Microbiology conference found evidence of benefit from studies using specific probiotic formulations. Most benefit was associated with probiotics helping to treat diarrhea, prevent and treat Urinary Tract Infections (UTI's), Diverticulitis (and inflamed intestine) and atopic dermatitis; treating irritable bowel syndrome (IBS); reducing the recurrence of bladder cancer and shortening the time a C.diff (bacterial strain) infection lasts.

Probiotic supplements offer a convenient way to promote a healthy gut flora – and thus a healthy immune system. The most commonly used and well researched strains include Lactobacillus (acidophilus, bifidus), bifidobacterium and Streptococcus (thermophilus). This winter, fight bugs with bugs...the good kind, that is!

We recommend our **Probiotic Quattro** Supplement which is a high quality supplement with more good bacteria than most leading brands and does not need to be refrigerated after opening.

We also recommend our **Bio C Complete**, a vitamin C supplement with 1,000mg of vitamin C in every serving.