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### **Get your yogurt on**

"Early studies suggest that cultured foods such as kefir and yogurt enhance immune response and may reduce your chance of catching a cold by 25 percent," says Ruth DeBush, PhD, a digestive disease specialist in Tallahassee, Florida. Eat a cup of yogurt each day -- on your cereal, in a smoothie or as an afternoon snack -- to replenish your body's healthy bacteria and avoid viruses.

### **Love your liver**

"Processed foods such as refined sugar and white flour overwhelm your liver," the organ responsible for cleansing your body, says Decker Weiss, ND, a naturopathic cardiologist in Phoenix, Arizona. "When your liver is stressed it can't process toxins, so it stores them in your body and suppresses your immune system." Show your liver some love by reducing your intake of refined sugar and by replacing white bread with whole-grain bread.

### **Eat five servings of phytochemicals**

Fresh fruits and vegetables such as apples, berries, tomatoes, broccoli and onions contain phytochemicals, plant compounds that fortify immune function. Aim for five servings daily. "Have a glass of juice in the morning, a large salad at lunch, a vegetable at dinner

and two pieces of fruit as snacks during the day, and you've met the daily requirements," says Dr. Hart.

### **Go for garlic**

An English study showed that adults who took a garlic supplement once a day for 12 weeks were less likely to get a cold than those who took a placebo. Increase your defenses by adding chopped, uncooked garlic to food. "Garlic has even greater anti-viral properties when it's raw," says Ann Gregorie Kulze, MD, a wellness expert in Charleston, South Carolina.

### **Give to receive**

"Doing something good for someone produces feelings of well-being that enhance immune function," says Georgianna Donadio, PhD, founder of the National Institute of Whole Health in Boston. In fact, a Harvard study showed that merely watching an altruistic act increases levels of immunoglobulin A, a protein found in saliva that protects against infection.