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Secrets to Never Getting Sick

Protecting your health isn't so much about secrets as common sense. For example, you should avoid contact with bacteria and viruses at school and work. But a whole host of other feel-good solutions can help you live healthier while avoiding that runny nose or sore throat. Here are some tips for preventing colds and the flu.

Eat green vegetables

Green, leafy vegetables are rich in vitamins that help you maintain a balanced diet — and support a healthy immune system.



Get Vitamin D

Studies show that vitamin D deficiency is common. According to research published by the National Institutes of Health an estimated 1 billion people worldwide have low levels of the vitamin in their blood. Deficiencies in vitamin D may lead to symptoms such as poor bone growth, cardiovascular problems and a weak immune system, according to the National Institutes of Health.

Foods that are good sources of vitamin D include egg yolks, mushrooms, salmon, canned tuna, and beef liver. You can also buy vitamin D supplements at your local grocery store or pharmacy. Choose supplements that contain D3 (cholecalciferol), since it's better at raising your blood levels of vitamin D.

Keep Moving

Staying active by following a regular exercise routine — such as walking three times a week — does more than keep you fit and trim. According to a study published in the journal *Neurologic Clinicians*, regular exercise also keeps inflammation and chronic disease at bay, reduces stress and the release of stress-related hormones and accelerates the circulation of disease-fighting white blood cells (WBCs) that help the body fight the common cold.

Get Enough Sleep

Getting adequate sleep is extremely important if you've been exposed to a virus, according to a study published in the *Archives of Internal Medicine*. Healthy adult participants who slept a minimum of eight hours

each night over a two-week period showed a greater resistance to the virus. Those who slept seven hours or less each night were about 3 percent more likely to develop the virus after exposure.

Manage Stress

Research shows that chronic stress can be a factor in physical illness. Finding an effective way to regulate personal stress may go a long way toward better overall health, according to a study published by the National Academy of Sciences. Cortisol is a stress hormone that helps the body fight inflammation and disease. However, constant release of this hormone in people who are chronically stressed lessens its overall effectiveness and results in increased inflammation and disease, as well as a less effective immune system.

Add Color to Meals

Cooking with all colors of the rainbow will help you get a wide range of vitamins, such as vitamin C.

While there's no evidence that vitamin C can reduce the severity or length of illness, a study from the European Journal of Clinical Nutrition shows that it may help the immune system ward off colds and flus, especially in those who are stressed.

Get a Flu Vaccine

The Centers for Disease Control and Prevention recommends that all people over 6 months of age get a yearly flu vaccine. However, exceptions should be made for certain people, including those who have severe allergic reactions to chicken eggs. A severe allergy leads to symptoms such as hives or anaphylaxis.

People who have had severe reactions to influenza vaccinations in the past should also avoid yearly vaccines. In rare instances, the vaccine may lead to the development of Guillain-Barré syndrome.



September ALTRUM NEWS Healthy Gut, Healthy Body

Taking care of your gut, and the friendly bacteria that live there, may be one of the single most important things you can do for your health.

The scientific community has recently come to embrace the important role that bacteria have in fostering a strong immune system and keeping you healthy. Learn more about the “good” bacteria in your system and some of the ways these microorganisms help to keep you healthy in the September issue of *ALTRUM News*.

Get Ready for Cold and Flu Season

Although food sources of nutrients are always best, it's sometimes hard to get all of the vitamins and minerals you need in a day to stay healthy, especially during the cold and flu season.

ALTRUM brings you a variety of natural supplements to help you strengthen and support your immune system throughout the year.



* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.



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