



The
PTI BUZZ
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A bowl of chicken soup a day, along with some other foods can help keep the Doctor away:



Chicken soup: ingredients help reduce inflammation which can reduce that stuffy nose.

Hot tea: doses you with virus-fighting, inflammation-relieving antioxidants

Yogurt: has immune fighting bacteria

Watercress and arugula: have antiviral effects

Garlic: the pungent bulb is one of the most potent disease-fighting foods around.

Orange juice or half a grapefruit: great sources of vitamin C, which could shorten the duration of colds.

Whole-grain cereal or bread: rich in vitamins and minerals, including zinc and vitamin E, which can help keep your immune system healthy.

Get out of the cold and go bowling. In half an hour you will burn 100 calories and have a blast!!!

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