



7 Immune-Boosting Foods For Flu Season

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> It's that time of year – time for food, friends, family, festivities and the flu. Here are seven immune-boosting foods that can help your body fight off the flu this season.

The first one is what dietitians are calling a super-fruit. Found in the Amazon rainforest of Brazil, the Acai berry is said to contain more antioxidants than red wine, blueberries and strawberries combined. Don't forget if you are ordering the Brazilian delight at a juice bar it is pronounced in Portuguese "Ah-Sigh-ee."

Although you may not enjoy the smell, red and green cabbage is second on the list. The good news is that cabbage is versatile and can be cooked with so many dishes and will add that immunity boost your body needs.

Yogurt is one of the oldest foods around, but even tastier than ever. There are so many flavors to choose from, all of which contain probiotics that not only improve the immune system, but also improve digestion.

Beans are 'magic' perhaps not in the way you're thinking but because they are high in fiber, protein and immune-boosting antioxi-

dants. Beans are derived from the legume family and are very tasty. Lucky for us they are also inexpensive and make a great side dish to any meal.

You may not even realize you are eating this immune boosting food, but flaxseeds can be found in breads, cereals and even tortilla chips. They are high in omega-3 fats and fiber, both of which your body needs to stay healthy.

Next time when reaching for that luscious cake or ice cream add a serving of berries. Berries are high in antioxidants and taste great too.

Lastly, stave off vampires and the flu this winter with a little garlic in your diet. Don't forget to pick up some fresh garlic from the store and add a little to your pasta, meats and side dishes. Your breath might not thank you but your body will! <

>> ASK DR. NEWMAN



E-mail your questions or concerns to Charles E. Newman, Jr. M.D. of Newman Plastic Surgery info@styletome.com

Q: This summer, I will be in a wedding and want to fit into a smaller dress. Diet and exercise have only gotten me so far. I am

now considering a tummy tuck or liposuction. When should I plan to have my procedure?

A: Many patients seek a plastic surgeon before a special occasion, whether it is a wedding, a reunion, or a beach vacation. I tell patients to plan well in advance of a big event so that there optimal results are being displayed.

The time between a procedure and recovery varies widely between individuals and also depends on the procedure that is performed. For example, with liposuction you may only miss a day or two of work, but the final results may not be readily apparent for six months. Other contouring procedures such as the tummy tuck may yield

"ready-to-show" results sooner, but usually require more recovery time immediately after the procedure.

Q: My daughter is getting married. How can I look my best for this special day?

A: Most of what we need to look our best can be traced to our lifestyle. A balanced diet, regular exercise and getting sufficient sleep will yield results within a few weeks.

From this foundation a plastic surgeon or dermatologist can help you with the finishing touches. A good skin care regimen can increase skin tone, reduce sun damage, and make the skin more evenly balanced in color and texture. A light

chemical peel such as the VI peel or TCA can help jumpstart this process.

Botox can certainly help you look refreshed and temporarily remove some of the wrinkles around the eyes and forehead. Other injectable products such as Juvederm, Radiesse and Sculptra can enhance your cheeks and lips and restore lost volume to the face.

Surgery for the eyelids or face might not fit in your timeframe for now, but may be something to consider down the road. A consultation can help clarify your goals and help you select the proper treatment.