

# WHAT YOU CAN DO TO PREVENT THE FLU

(NAPSA)—In recent months, much has been written about the shortage of flu vaccine, as well as the potential risks for those who do get the shot. As a result, many



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people are looking for other ways to protect their health and the health of their family. These include:

- Handwashing—Without proper handwashing, the spread of germs

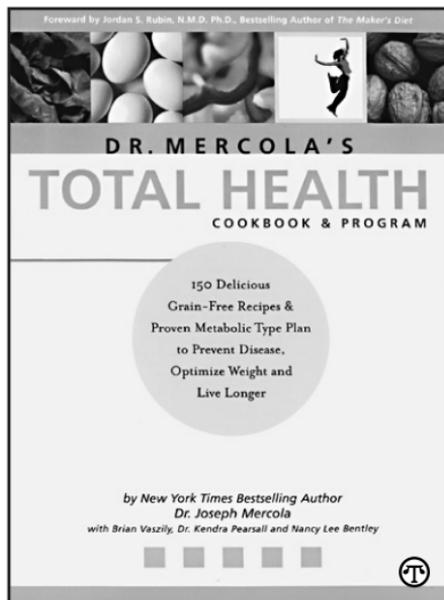
follows a chain reaction. First, the germs travel from the hands to the eyes, nose or mouth. From there, they spread to other people or to surfaces such as doorknobs. This then paves the course of hand-to-hand contact with infectious disease.

The best way to get children to adopt good handwashing habits is through example. The most effective technique involves three steps: 1. Use warm water. 2. Work up a good lather all the way up to the wrists for at least 10 to 15 seconds. 3. Don't forget to get all surfaces, including the backs of the hands, wrists, between the fingers and an area often overlooked: the fingernails.

- Boost the body's immune system—Easier said than done, perhaps, but it starts by getting your body's immunity level up to where it's naturally supposed to be—and that's mostly a matter of diet. Your body, when you eat the proper diet, is designed to stave off "bugs" and disease. Regardless of what the latest weight-loss fad is, there are certain steps that virtually every health expert endorses:

- ✓ Stop eating junk food and fast foods;

- ✓ Stop eating sugary foods, processed grains and trans-fats;



- ✓ Increase the healthy and essential fats like the omega-3 found in cod liver oil;

- ✓ Increase the "good" carbohydrates found in vegetables; and

- ✓ Increase intake of healthy proteins like those in clean, naturally raised meats.

These concepts are at the heart of Dr. Mercola's free wellness e-newsletter, now the world's most read natural & dietary health newsletter with over 275,000 subscribers. You can subscribe to the free newsletter now at [www.Mercola.com](http://www.Mercola.com), where millions of people access the site's 36,000 pages for information on dietary and health questions.

The entire dietary plan that will help you prevent flu and more serious diseases—avoid premature aging and overcome weight issues—is presented in "Dr. Mercola's Total Health Cookbook & Program" (Mercola.com, 2004, \$25.56). This 50,000 copy best-seller presents the health program in part one and over 150 delicious, healthy recipes in part two. To learn more, order a copy or subscribe to the FREE Mercola newsletter, visit [www.Mercola.com](http://www.Mercola.com).