

# Colds/Flu/Fever

## **Possible Causes and Contributing Factors:**

- Lowered resistance
- Physical or psychological stress
- Diets high in refined, canned or processed foods

## **Suggested Dietary Changes:**

- 12 glasses of pure water daily
- Increase raw vegetables and protein
- Juice and soups

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*