

Holistic Doctor Highlights Foods and Vitamins for Cold and Flu Relief

By: Kristen Shaughnessy



It is flu season; did you know there are certain foods you can eat that boost your immune system? Dr. Gabrielle Francis is the author of "The Rockstar Remedy" and has been practicing holistic medicine for more than 30 years. She says it is about understanding why certain things are good for you, like fruits and vegetables.

"Fruits and vegetables because they have vitamins, minerals and antioxidants, in particular the dark-skinned fruits and berries and the citrus fruits," Dr. Francis says. "And