**Advice how to avoid flu**

1) *If you regularly sleep eight hours sleep a night, it helps the* ***lymphocytes T*** *function properly to kill viruses*.

2) *It helps the production of* ***cytokines*** *and* ***endorphins*** *that strengthen the immune system.*

3) *These foods contain a strong oxidant that stimulates* ***antibody*** *production*.

4) *Enclosed places spread viruses more easily because of the close contact with the people*.

5) *Never skip lunch/dinner since if the stomach is full it increases the production of* ***interferon,*** *a natural anti-virus*.

*If you want to get better quickly and not to get sick again, you should spend 2-3 days in bed or in the warm. Drinking* ***warm milk*** *will help a sore throat even though milk proteins could increase the production of mucus and a runny nose.* ***Chicken soup*** *helps to cure you by rebuilding cells that have been damaged by viruses*.