

Good Guidance

Carilli's G-list to Fight Viruses

There is no sure-fire method to keep from getting a virus. But the following G-list has some common-sense ideas, and well-documented dietary guidance for boosting the immune system. So enjoy some good health, good fun, and good eatin'!

Green Tea: ahhh.... So warm. So relaxing

Green Chile: 'make it hot hot hot'. And only New Mexican green chile will do.

Green Leafy Veggies: leafy and green. What else needs to be said?

Garlic: the wonder food. Truly good for whatever ails you. Chop it fine and sprinkle it in whatever you happen to be eating. Preferably, raw (but stand-back)!

Grapefruit: a tangy burst of sunshine. 'More evidence for a benevolent God'.

Ginger: mix it in a stir fry. Or make some tea.

Greek Yogurt: Plain, low fat. Smooth, creamy and chock-full of pro-biotics and protein.

Gargle: salt water gargle in the morning and evening. Glug glug.

Get outdoors and exercise!

Gardening: 'One's nearer God's heart in a garden, than anywhere else on Earth!'