

**SORE THROAT... COUGHING... RUNNY NOSE? WANT TO STAY HEALTHY THIS FLU SEASON?  
PLEASE TAKE ME HOME WITH YOU**

**DR. MARIA'S  
TOP 5 FLU PREVENTION CHECKLIST**

*~The flu vaccine only covers 3 out of more than 300 strains of the flu virus. Follow these 5 tips to stay healthy this season! ~*

**TEST YOUR VITAMIN D LEVELS**

*Vitamin D deficiency is associated with an increase in susceptibility to infections. Most of us are deficient in Canada especially in the winter!*

**ZINC TALLY TEST**

*Zinc deficiency (even mild) can lead to severe immune dysfunctions. Take this simple in-office test to make sure you are not deficient.*

**IMMUNE BOOSTER**

*This gentle, all-natural formula gently boosts your body's natural defenses, relieves symptoms and provides protection against all viruses*

**WARMING SOCKS**

*This simple DIY home remedy can gently boost your immune system. For instructions, go to the <Resources> section on my website: [mariawongnd.com](http://mariawongnd.com)*

**TURMERIC TEA GOLDEN MILK**

*As an ND, getting nutrients through the diet is always extremely important to me. See the recipe on the right.*

*\*Ask Dr. Maria for more info on labs, supplementation, immune assessments and other essential flu fighting tips! Fee schedule and contact information on reverse*

**TURMERIC TEA GOLDEN MILK RECIPE**

*~This simple and easy recipe is warming, is anti-inflammatory and boosts your immune system~*

**Servings:** 4

**Prep Time:** 2 min

**Cook Time:** 3 min

**Total Time:** 5 min

**Ingredients:**

- 2 cups of milk of choice (almond, coconut, hemp, flax)
- 1 teaspoon Turmeric or turmeric spice mix
- ½ teaspoon cinnamon
- 1 teaspoon raw honey or maple syrup to taste (optional)
- Pinch of black pepper
- Tiny piece of fresh, peeled ginger root or ¼ teaspoon ginger powder
- Pinch of cayenne pepper (optional)

**Instructions:**

1. Blend all ingredients in a high speed blender until smooth
2. Pour into a small sauce pan and heat for 3-5 minutes over medium heat until hot, but not boiling
3. Drink immediately

**\*NOTE:** *this may stain blenders and counter tops. The colour is not harmful and will eventually fade. Recipe can be doubled or halved if needed*

Book an appointment with **Dr. Maria** today!

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