



# Can we prevent a cold?

**Maintaining a healthy immune system is the best way to protect against frequent colds. If you get more than one or two colds a year, it clearly shows that your immune system isn't as strong as it might be.**

Nutrition is the main contributor to acquiring and maintaining a healthy immune system.

Your thymus gland is never mentioned in the important role they play in immune function. The thymus gland is the major gland of the immune system.

Physical, emotional or mental stress causes compounds to be released from our adrenal glands that cause the thymus gland to shrink and reduce its activity. Vitamins A and C, zinc, beta-carotene and other antioxidants prevent stress from damaging the thymus. In fact, they support its immune protecting actions.

To understand more about the role of our immune system, refer to the Immunity article on the Chemists' Own website.

**Ask your Chemist for advice.**