



## **Don't give bacteria and viruses an easy ride – boost your immune system with the power of the Aronia berry!**

**February 2018 – cough, fatigue and finally fever... Winter is the cold and flu season. The Robert Koch Institute announced just a few days ago that the number of flu sufferers has more than doubled. Aroniabeere e.V. is working alongside the medically accredited health and nutrition consultant, Claudia-Michaela Höft, to combat the virus and explain how we can shield ourselves throughout the flu season with the power of the dark purple Aronia berry. Drinking just 100 ml of this secret juice every day is enough to give our immune system a long-term boost.**

Cold symptoms often creep up on us: Our nose starts to run, our throat hurts, we find it slightly harder to swallow, and then we get a cough. As the name suggests, this is often the body's reaction to a drop in temperature. This reaction can be triggered when we get cold and wet feet, or when we lose lots of heat in cold weather by exposing our head or wearing the wrong clothes.

The flu, by contrast, is a really serious illness. It's highly contagious and usually puts people out of action for quite a while. Flu, or influenza, seems to begin very suddenly. However, doctors always say it takes 7 days to arrive, stays for 7 days, and takes 7 days to leave. "If flu takes longer to go away, it can cause serious damage like myocarditis. That's why you shouldn't just ignore the illness and keep your head seemingly above water with flu remedies", explains Claudia-Michaela Höft.

If you have a cold or the flu, you should dress up warm, drink lots of hot tea with lemon juice and honey throughout the day, and choose food and drink containing lots of nutrients and polyphenols, such as Aronia juice. This can even provide quick relief at the beginning of a cold.

### **Aronia juice strengthens the immune system**

"Pour 100 ml of Aronia juice into a mug and add 200 ml of boiling water, lemon juice and a spoonful of good honey to taste", the health and nutrition expert recommends. This soothing Aronia tea should be drunk in small sips while it's still warm. Then put your feet up. The secondary plant substances contained in the Aronia berry and the vitamin C from the lemon juice boost the body's defence mechanisms and strengthen the immune system. You can also stop the virus from multiplying quickly by maintaining good hygiene, such as by frequently washing your hands and changing tissues.

### **In average 100g fresh Aronia berries contain e.g.**

<b>Nutritional values</b>		<b>Vitamins</b>		<b>Minerals</b>	
Energy	96 kcal	Vitamin K	up to 1000 µg	Potassium	218 mg
Protein	1,9 g	Vitamin E	up to 3,1 mg	Zinc	0,147 mg
Carbohydrate	18,0 g	Folic acid	210 µg	Iron	0,93 mg
Fat	1,5 g	Vitamin C	up to 50 mg		

Postal address:

**Aroniabeere e. V.**  
Traubelstraße 13 a  
Gebäude 44  
01109 Dresden

## PRESS RELEASE Aroniabeere e.V.



Germany

Mail: [info@aroniabeere.de](mailto:info@aroniabeere.de)

Tel.: +49 351 41886645

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