



IMMUNE SYSTEM BOOSTING FOODS



By Dr. Michelle Moscarello, MD | Medical Director of Health & Wellness Center

1. Berries (blueberries, strawberries, raspberries)
2. Mushrooms
3. Green Tea
4. Dark Chocolate
5. Cruciferous vegetables (broccoli, brussel sprouts, cauliflower)
6. Green leafy vegetables (kale, spinach, swiss chard)
7. Garlic
8. Ginger
9. Turmeric
10. Nuts and seeds (almonds, pumpkin seeds, walnuts)
11. Cinnamon
12. Yogurt
13. Pineapple
14. Citrus fruits (oranges, lemons, grapefruit)
15. Omega 3 fatty acids (fish/salmon, avocados, flaxseed)

Lauren's Book Club

Book recommendations by Nurse Practitioner Lauren Deats



1. *The Alchemist*
 - a. This is a story about a boy and his journey to the pyramids of Egypt. He learns many valuable lessons about life and himself along the way. This book is perfect for self-discovery.
2. *The Nightingale*
 - a. This historical fiction novel tells the story of a brave French woman who helps downed Allied airmen escape Nazi territory during World War II. It is a fascinating story you will not want to end.
3. *The Woman in the Window*
 - a. This book is about a mentally ill woman who does not leave her house. While spending time at home, she often spies on her neighbors. This suspenseful thriller tells the story of when she witnesses something she should not have through her window.
4. *Such A Fun Age*
 - a. This novel tells the story of a young woman being wrongfully accused of kidnapping a child. This novel brings attention to race, privilege and finding your path in our current society.

Health & Wellness Center
Center Hours and Services



Need Medical Consultation?

Our Medical Doctor and Nurse Practitioner are here for you! We are open Monday-Friday 9am-4:30pm via phone and Zoom conference for current registered students. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Stressed? Anxious? Need to talk to someone?

Mental Health Therapists are available for current registered students! Our team of highly qualified therapists are available via Zoom conference. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Quick Tip for Healthier Living



American Heart Association recommends 150 minutes of moderate intensity physical activity per week as tolerated. This means about 30 minutes of exercise per day for 5 days a week! For more information on staying heart healthy, visit www.Heart.org