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Immune-boosting foods to help fight this long cold and flu season

1. Chicken Soup

Packed with protein and vitamins, chicken soup can do wonders by reducing inflammation, soothing a sore throat and relieving congestion.



2. Citrus fruits & Berries

Rich in Vitamin C, fruits like oranges, grapefruits and strawberries can support your immune system when you aren't feeling well.



3. Foods High in Vitamin A

Foods like sweet potato, spinach & kale keep our immune system going strong by keeping our mucous membranes in our nose and throat working properly.



4. Herbs and spices

Spices like ginger, turmeric, and hot peppers can decrease inflammation. Herbs like rosemary, oregano, and thyme contain plenty of antioxidants to aid your fight against a cold.



Source: <https://www.health.com/condition/cold-flu-sinus/superfoods-that-fight-colds?slide=db65e205-32a6-44db-aaad-a42307782331#db65e205-32a6-44db-aaad-a42307782331>

March Events

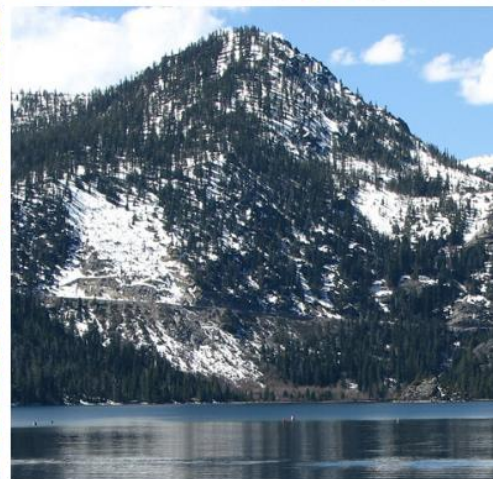
1. **Hamilton** March 12-November 22nd
Pantages Theatre, Los Angeles
2. **San Francisco St. Patrick's Day Parade**
March 14th Downtown San Francisco
3. **Shawn Wayans** March 27-28th
Ontario Improv
4. **Orange County Cherry Blossom Festival**
March 13-15th Huntington Beach Central Park

March 6th is Employee Appreciation Day!
Celebrate with your boss & coworkers.



SAN LOUIS OBISPO

Explore the breathtaking estate of Hearst Castle. There, you can view the mesmerizing opulent Roman pool decorated with marble statues of Roman gods and mosaic tile. Or enjoy the Charles Paddock zoo fit for kids of all ages. If you're looking for adventure, embark on a zip-line tour at Margarita Adventures at Santa Margarita Ranch & Lake.



LAKE TAHOE

With plenty of snow still on the slopes in March and early April, you can visit a ski resort in Lake Tahoe without the crowds. You can also see some of the amazing waterfalls there like Cascade falls & Glen Alpine falls that don't even require a long hike. After a refreshing hike, you can enjoy a picnic with the family at D.L. Bliss State park.



SAN DIEGO

San Diego is a great place to visit in the spring. If you have young children, SeaWorld and Legoland are great theme parks to visit. For families who love the outdoors, La Jolla cove, San Diego Zoo Safari Park, and Balboa park are a must see. There are also a wide variety of museums and art exhibits to stop by at Balboa park.



LAS VEGAS

There are a wide variety of attractions suited for family fun or a bachelor party. Among the many clubs, casinos, and pools also lie fantastic shows like Boyz II Men, Gabriel Iglesias, and Bruno Mars to see in the spring. For family fun, you can also check out the Circus Circus theme park, Marvel Avengers Station, Hershey store and M&M store.

What is a Keto Diet?

The keto diet is a high-fat diet that involves drastically reducing carbohydrate intake in order to put your body into the metabolic state of ketosis.

How will I lose weight?

In a state of ketosis, your body becomes incredibly efficient at burning fat into energy & promote weight loss.



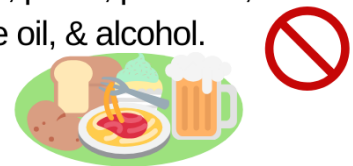
Foods You Should Eat

High fat, low carb, & protein foods. This includes meat, cheese, nuts, healthy oils, avocados and low-carb veggies.



Foods You Should Avoid

High carb, high sugar and unhealthy fat foods. This includes soda, rice, pasta, potatoes, vegetable oil, & alcohol.



www.healthline.com/nutrition/ketogenic-diet-101



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