



FACT SHEET #01

BOOSTING YOUR IMMUNE SYSTEM ©

NUTRITION FACT SHEET - BOOSTING YOUR IMMUNE SYSTEM ©



Never has there been more of a need to protect – and boost our immune system which is one of the most complex and comprehensive systems in our human bodies. It's about providing a barrier from Micro-organisms – minute living organisms -such as viruses (including Covid 19), Bacteria, Toxins/Poisons, Allergens, Parasites.

The very first level of immunity is known as the innate immune system and this goes into action as soon as any of these pesky invaders are detected. It attempts to kill them off before they can enter the body and make us unwell.

This level is made up of skin, the gastro-intestinal tract and the respiratory tract. Our bodies are fascinating – and they provide barriers such as mucus, gastric acid which try to stop the invasion of these invaders.

This system also has macrophages which are simply just immune cells whose job it is to detect and destroy those harmful micro-organisms.

If this first line of defence doesn't work. The second level of defence comes into action in the form of lymphocytes which are simply a type of white blood cell which produces specific pathogen (bug) neutralising compounds known as immunoglobulins.

The fascinating fact about these is that when they encounter the particular type of pathogen again, it produces more of the immunoglobulins it knows can kill it – which is where we start to build our immunity.

We all need to help our bodies with both of these stages of immunity – especially at this particular time when perhaps we are not in peak form for whatever reason.

The past few months have been a roller coaster of emotions with a good measure of stress thrown in for good measure, alongside perhaps lack of motivation and physical exercise.

All of these can lower our immune system that we take so much for granted. All is not lost, there are many practical things that we can do to support it and to get into optimum health.

“A healthy outside starts from the inside.”

— ROBERT URICH.

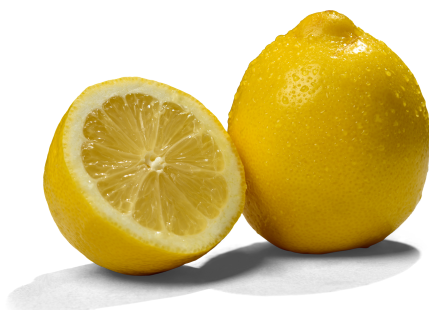


PORRIDGE WITH BERRIES



Jumbo Oats topped with Berries and a small drizzling of local Honey will keep blood sugars stable for hours.

Berries are nutrient rich – especially Blueberries which have the highest number of antioxidants compared to all other fruit and vegetables.



LEMONS



Lemons have natural antiseptic and anti-bacterial properties.

At the first sign of a cold/sore throat, make our potion – ½ tsp Turmeric, squeeze Honey (preferably local), squeeze Lemon Juice and top with just enough drinkable temperature hot water to make a 'shot'.

Down it and try to have 3 per day for 2 days. This will usually relieve symptoms very quickly.



SWEET POTATOES

We love Sweet Potatoes. They contain your full daily need of Vitamin A and a 1/3 of your Vitamin C requirements. Delicious as an alternative to baked potatoes; they will also keep your blood sugars stable.

VITAMIN D CAN



REDUCE THE RISK OF **FLU**

REDUCE YOUR RISK OF **CANCER**

REDUCE CHRONIC **MUSCLE ACHES**

REDUCE YOUR RISK OF **DEPRESSION**

REDUCE YOUR RISK OF DEVELOPING **DIABETES**

REDUCE YOUR RISK OF **OSTEOPOROSIS**

REDUCE YOUR RISK OF GETTING **AUTOIMMUNE DISEASE**

REDUCE YOUR RISK OF **CARDIOVASCULAR DISEASE**

Vitamin D, Vitamin D, Vitamin D

Please, please get a top strength spray or tablet from your local pharmacy or Health Store.



This has been proven to be effective as first-line defence against Coronavirus. The majority of us are low in Vitamin D which only shows up when we have blood test for other ailments.

“Let food be thy medicine and medicine be thy food.”

—HIPPOCRATES.



GARLIC



Garlic has anti-bacterial properties and strengthens our immune systems



VITAMIN C

Vitamin C – our bodies don't store – or produce - Vitamin C, so we need to replenish every day



GREEN TEA

Green Tea is full of antioxidants (substances that can slow – or prevent – damage to our cells). Try to have 2 cups per day – I'm not a lover of it but enjoy the mint flavoured one.



DARK CHOCOLATE



Dark Chocolate -(+70%) is superb for our immune system. It contains iron, magnesium, manganese, potassium, zinc, and selenium - alongside being a powerful antioxidant. Melt a few squares into hot milk to make a delicious - and nutritious - hot chocolate.



ZINC

Zinc plays a vital part in boosting our immune systems. It is not stored in our bodies, so we need to include zinc-rich foods in our diet every day.

Best foods are seafood, meat, nuts and seeds, avocado, chickpeas, lentils, pumpkin/sesame seeds, nuts - especially cashews, dark chocolate and dairy.



KIWI FRUIT



Kiwi Fruit has a packed list of nutrients. Exciting studies are starting to show that 5 per week can reduce asthma induced wheezing. Wow!



BROCCOLI

Broccoli one of the best vegetables to enjoy regularly. It contains Vitamins A, C & E alongside powerful antioxidants. Have a wonderful day!



OILY FISH

Oily fish is so good for us - particularly mackerel, sardines, salmon, fresh tuna. So easy to make a meal with. Try our quick & easy Salmon Parcels. Pop Salmon fillet onto a layer of sliced, leeks. Sprinkle a little Piri Piri on top and add a drizzle of Olive Oil and a few slices of lemon. Wrap up and bake in the oven for approx 20 mins. Delicious!



NUTS & SEEDS

Nuts and Seeds – a vital ally, they are rich in Zinc which helps our bodies fight off invading bacteria and viruses



STRESS

Stress lowers your immune system immeasurably. Please try to take time out every day to just 'be' - even if it's just sitting quietly for 5 minutes with a cuppa. There is so much more I could write here - but know that I am beside you



POMEGRANATE

Pomegranates - packed full of anti-viral properties - also superb at helping our gut health as well as promoting heart health. We love them.



GINGER

Ginger has amazing antiviral and anti-bacterial properties and really enhances our immune system



PROTEIN

Protein is vital to build and repair body tissue as well as to fight bacterial and viral infections. Hummus, Nut Butters, Dairy, Fish, Lean Meats, Pulses, Beans. Go for it!



LAUGHTER

Laughter really IS the best immune boosting activity!



BEETROOT

Beetroot - packed full of the right vitamins and nutrients to give a powerful boost to our immune systems. So easy to cook - wrap whole ones in foil and bake in oven for approx. 25 mins. Remove foil and outer skin. Voila



RED PEPPER

Red Pepper - this has our entire daily allowance of Vitamin C, as well as being a powerful antioxidant.



SEEDS

Seeds are packed full of essential nutrients to boost your immune system. My favourites are Chia, Pumpkin, Flax and Sesame. Sprinkle them into Yoghurts; add them to Crumble mixes; whizz them into your smoothies



TURMERIC

Turmeric is a natural anti-inflammatory and a powerful antioxidant as well as anti-cancer effects.



EXERCISE

Another key component.
Just 20 minutes every day makes
such a difference - make it fun and
individual to you. There's something
out there for every one of us.



KINDNESS

When we do something for others, no
matter how small, it gives us the 'feel-
good' factor - not to mention what it
does for the recipient.

Vital for everyone's wellbeing.
Please, today - for me - carry out one
random act of kindness and feel that
inner glow of happiness.

LET'S NOT FORGET NATURAL BOOSTS TO OUR IMMUNE SYSTEM



WELLBEING

We have all been sorely 'tested' this year
and this lowers our immune systems for
sure. Talk to family/friends about how
you're feeling; exercise and try to take
each day as it comes. I am beside you.

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