

## How to boost your immunity when the bug bites!

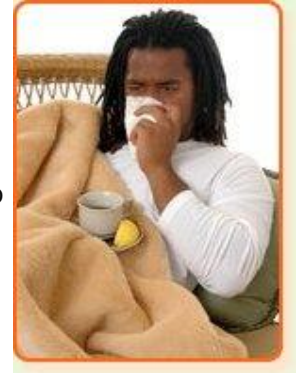
If you're happy, not over stressed, eating and sleeping properly, you'll succumb to immune busters and winter bugs far less easily than some one who's losing out in one of these areas. We don't need to tell you how easily that downward spiral can kick in once the headaches and running nose starts!

We know that life is not controllable and that stress is here to stay, so here's a guide to a few immune boosting bits you can control and benefit from.

### Lifestyle living tips:

#### **Get your zzzzz's**

Sleep is the time when your body has a chance to rejuvenate. If you're burning the candle from both ends, keep in mind that making it a priority to get in more than a few good night's rest is worth far more than weeks of fighting a cold or flu.



#### **Wake up to a cuppa tea**

Sipping on the right teas that are high in antioxidants will support your immunity. TIP: Make the following tea in bulk using a flask and have a few cups throughout the day.

*Hot water infused with:*

*Fresh mint leaves, slices of lemon, fresh ginger slices, cinnamon stick, sprigs of thyme, dash of cayenne pepper and honey to taste.*



#### **Eat super foods at each meal**

Adding foods such as cinnamon, ginger, turmeric, rosemary, onions and garlic to dishes can bring significant health benefits from improved digestion to a healthier immune system overall.

TIPS:

Add cinnamon to stewed apples, muesli or oats. (1-2 tsp per day has been shown to help manage blood glucose levels).

Add rosemary sprigs to roasted vegetables or meat while cooking. Rosemary is great with pork fillets for example - just add some wholegrain mustard and honey with the rosemary - delish!

Use lots of onions, ginger and garlic with stir-fries or steam-fries.

Go green: grow your own herbs in the garden amongst your current flowers and shrubs or in pots on your balcony.

#### **Follow the 'Rainbow Rule'**

Eat as many different colours of fruit and vegetable as possible each day.

SUCCESS TIP: Buy a variety of veggies and fruit so that they are in your kitchen. That way you are more inclined to eat and to use them in your cooking! Prepare your veggies in bulk and put in sealed containers so it is easy to get to. A great way to get in fruits is through smoothies and to get in veggies is with soups. Be daring and even add some raw veg to your smoothies.



### Supplementation support:

✔ **Take a high-potency vitamin, mineral and phytonutrient**

Doing so will increase your intake of the key nutrients for immune function. You'll get pretty good results for such little effort!



✔ **Vitamin C is a biggie**

Vitamin C is probably the most important immune enhancing vitamin. It's recommended for everyone at about 1,000mg (1g) a day. Vitamin C is best taken in divided doses such as 500mg in the morning and 500mg at lunch. If you feel a cold coming on stop it in its tracks by taking high dose Vitamin C (i.e. 3000 - 6000mg per day).

SUCCESS TIP: Foods that contain vitamin C typically also contain antioxidant bioflavonoids such as hesperidin, rutin and quercetin and these bioflavonoids may actually help the body absorb vitamin C - another good reason to eat vitamin-C-rich foods!

Excellent sources of vitamin C include: parsley, broccoli, sweet peppers, berries, oranges, lemons, papaya, melons, tomatoes, kiwi fruit and broccoli.

✔ **Glutamine**

This amino acid is needed for immune cells to multiply and mature. Glutamine gets used up at a rapid rate during infections, injuries and even just physical and mental exertion. It is richest in meat, fish and eggs but as it is denatured by cooking the most effective way to increase your glutamine levels is via a supplement, either through capsules or as a tasteless powder. A heaped teaspoon (5g) a day in water taken on an empty stomach can make a difference to your immune system.

### If the bug does end up biting...

**"Let food be thy medicine and let medicine be thy food"** Hippocrates

Our moms were onto something when they made us stay in bed. The best thing you can do to fight off bugs is:

- ✔ Get lots of sleep
- ✔ Eat immune boosting foods (see above)
- ✔ Take vitamin C and other immune boosters
- ✔ Drink lots of immune boosting tea (recipe above)