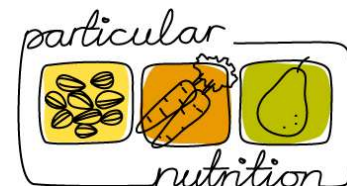


The Healthy Food Series

Part Two

Kick Colds & Boost Immunity



Introduction

- Molly Robson, Nutrition Advisor
- Particular Nutrition
- www.particularnutrition.com
- One-on-one consultations and workshops
- Homemade healthy treats to order
- Recipes & Meal Plans



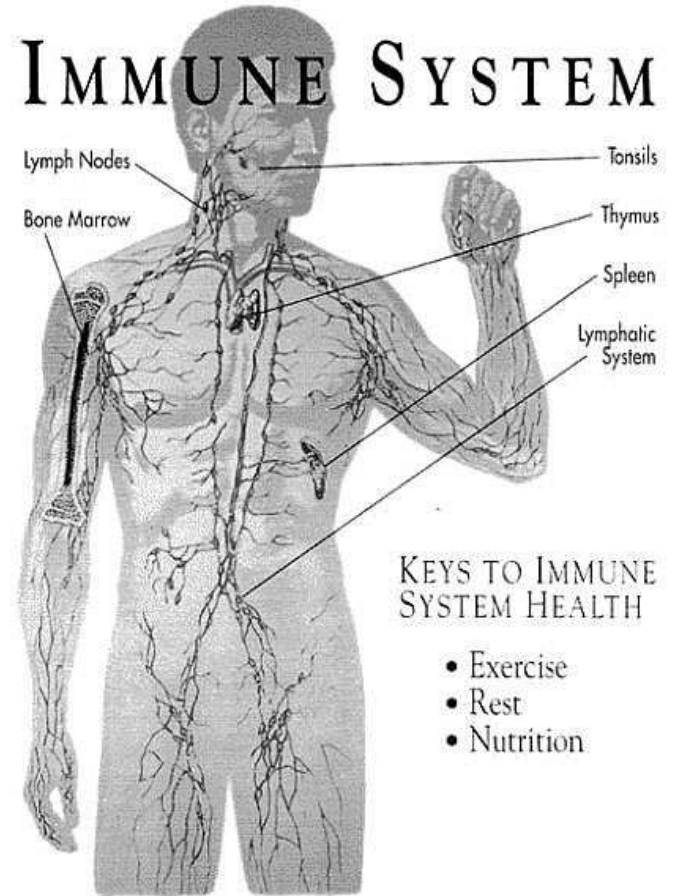
Agenda

- Immune system overview
- Key nutrients in illness prevention
- Supporting your immune system
- Cold & flu remedies
- Lifestyle suggestions
- Recipes



Immune System

- Physical barriers
 - Skin
 - Mucus
 - pH & temperature
- Innate immunity
 - Cellular responses
- Adaptive immunity
 - Antigens
 - Antibodies
 - Lymph system



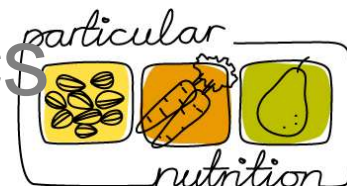
KEYS TO IMMUNE SYSTEM HEALTH

- Exercise
- Rest
- Nutrition

Key Nutrients in illness prevention



- Zinc
- Vitamin A, B6, C, D, E
- Iron
- Essential fatty acids
- Probiotics





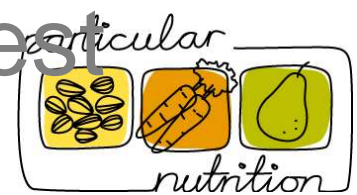
Supporting your immune system



AVOID/REDUCE

- Refined Sugar
- Alcohol
- Dairy
- Bad fats
- Drugs/Smoking
- Stress

- Water!
- Herbs & supplements
- Colorful carbs
- Lean protein
- Fermented foods
- Plenty of rest



Specific foods for support

- Garlic
- Greens
- Seeds
- Berries
- Goat dairy
- Citrus
- Miso or chicken soup



- Fermented foods
- Bee products
- Green tea
- Cider vinegar
- Sea veg/spirulina
- Turmeric
- Ginger



Cold & Flu remedies

- Vitamin C 3g every 4 hours
- **Echinacea** 2-3g per day or 15 drops 3x day
- Sambucol (Elderberry) 1 tbsp 3x
- Zinc 25-50mg per day
- Citricidal (grapefruit seed extract) 20-30 drops per day
- Garlic 2-6 cloves per day
- Goldenseal 200-500mg per day



Lifestyle suggestions

- Exercise for prevention, relax for treatment
- Rest Rest Rest
- Visualize good health
- Warmth
- Baths – seaweed, minerals
- Essential oils – eucalyptus, sandalwood, tea tree, peppermint, rosemary, cedarwood



Recipes

- Flu Fighting Tea
- Super Immune Mineral B
- Green Angel Smoothie
- Warming Pumpkin Curry



Flu Fighting Tea



- 1-inch slice of ginger (grated if you prefer)
- ¼ tsp ground cinnamon
- ¼ lemon
- 1 cup hot water
- Optional: 1 clove garlic, ¼ tsp cayenne pepper, 1 tsp manuka honey

Drink this tea as soon as you feel symptoms developing, like a tickle in your throat or swollen glands. Have it instead of your daily hot beverages for at least 2 days.



Super Immune Mineral Broth

- 4 organic potatoes, well scrubbed
- 3 carrots, peeled and chopped
- 4 celery sticks, chopped
- 2 onions, peeled and sliced
- 1 bunch parsley
- 4 quarts/liters filtered water



Peel the potatoes. Place the peelings, carrots, celery and onions in a large pot with water. Bring to a boil, lower heat and simmer, covered, for about 30 minutes. Add parsley and simmer 5 minutes more.

Allow to cool and strain into a glass container. Store in refrigerator and reheat in small quantities as needed.

Optional: Add miso or cooked chicken with bones



Green Angel Smoothie

- 2 handfuls spinach or other leafy
- 1 banana
- 1 cup non-dairy milk or water
- 1 ice cube
- ½ cup fresh fruit (berries, mango, pear, kiwi, pineapple)
- 1 tbsp chia seeds or 1 tbsp shelled hemp seeds
- 1 tbsp ground flaxseed
- optional: 1 tbsp nut butter

Blend all ingredients until smooth and creamy. Add more milk or water if necessary. Enjoy for breakfast or between-meals for a boost.



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Warming Pumpkin Curry

- 1 tbsp organic virgin coconut oil
- 1 thumbnail of ginger, peeled and chopped
- 3 yellow onions, sliced
- 6 small green chilis, split in half lengthwise
- 6 cloves of garlic, peeled and chopped
- A good pinch of Himalayan crystal salt
- 2 tsp cardamom pods, roasted and ground
- 15 fresh curry leaves
- 2 tsp ground coriander
- 1 medium-sized pumpkin or butternut squash
- 1 can coconut milk
- 5 ripe tomatoes, chopped



Place a large saucepan over a medium heat and, when hot, add the oil. Add the ginger, onion, chilis and garlic and turn the heat down slightly. Now add a good pinch of salt and the cardamom, curry leaves and coriander and sweat until the onions are soft.

While the onions are cooking, slice the pumpkin in half and spoon out and discard the seeds. Chop the flesh into generous chunks and add to the pan.

Cook the vegetables dry for a further 10 minutes then add the coconut milk and some water. Allow all the liquid to be absorbed by the pumpkin, by which time it should be tender. Finally, add the tomatoes. Taste and add more salt if necessary, then serve.

