



## Natural Ways to boost your immune health

Your diet is the key to your health. Here are the top immune boosting foods to incorporate into your diet to help you stay healthy:

### *Green Tea*



Green tea contains the antioxidant which reduces the risk of most types of cancer. It also inhibits the growth of bad bacteria in the intestine.

### *Chillies*



**HOT**



Chilies stimulate the metabolism. They also act as a natural blood thinner and are also rich in beta-carotene, which turns into vitamin A in the blood and fights infections.

## **Ginger and Garlic**

It contains living compound *Gingerol*, a suppressor that is particularly effective against colon cancer. It is also good for common cold or flu. Garlic is known for its cold-fighting abilities. It increases the potency of two important cells of the immune system: *T-lymphocytes and macrophages*.

## **Turmeric**

It has been used for centuries as part of Ayurvedic and it has strong cold and fights micro organisms.

## **Tomatoes**

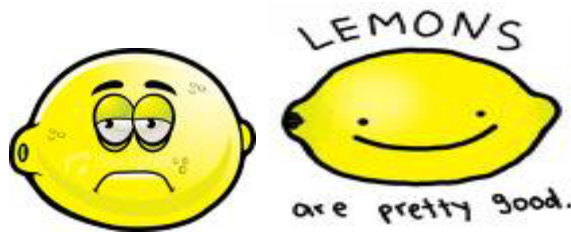
The ubiquitous tomatoes are great in fighting herpes and help in protecting against degenerative diseases. They also deliver an abundance of vitamins A and C, potassium, and phytochemicals. Enjoy tomatoes raw, cooked, sliced, chopped, or diced as part of any meal or snack.

## **CHOOSE COLORFUL FRUITS AND VEGETABLES**



Adding color to your menu not only results in a lovely, appetizing plate, but it increases your intake of health and beauty promoting antioxidants--many of these valuable antioxidants are found in the pigment of the fruit or vegetable and loaded with beta-

carotene, a nutrient that the body breaks down to make vitamin A which is essential for immunity.



Vitamin C strengthens your immune system by stimulating antibodies and cells in the immune system. Eat plenty of fruits, vegetables rich in Vitamin C to strengthen immunity. Food sources of Vitamin C include lemon, oranges, grapefruits, papaya, mango, and guava.

### *Drink lots of water*

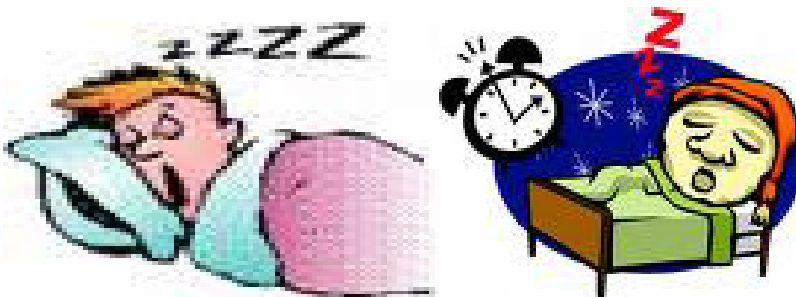
Water flushes toxins from the body and allows all our defense systems, including our skin, blood, mucous, and saliva to function properly, discouraging flu and other infections from entering your body.

### *Wash your hands*



Many micro-organisms are passed via skin contact with infected individuals or objects. Washing your hands before touching your face (rubbing your eyes, contacting your mouth or ears) can greatly reduce your exposure to harmful microbes in the environment; this lessens your chance of getting sick and of stressing your internal immune system.

### *Get more sleep*



Most people need between 6 and 10 hours of sleep at night and it is important to find out how much sleep your body

needs to function properly. If you get too little or too much sleep your hormone levels become unbalanced and as a result your health can suffer.

### ***Move your body and boost your circulation-Exercise***



Relaxation skills like pranayama (yoga) and exercise increase immunity and breathing capacity *thereby* decreasing stress hormone production. To improve elimination through the skin, regular exercise is important to stimulate sweating. Exercise helps overall with detoxification and also improves our general metabolism.

***No need to exhaust yourself! MODERATE exercise is best.***

### ***Mind-body connection***

The mind influences the body, so laugh, meditate, play music, and stay happy.

### ***Some foods or unhealthy lifestyle behaviors can make a person more susceptible to colds and flus.***

***Sugar:*** There is strong evidence that sugar has a negative effect on the function of the immune system. High-sugar junk foods as they can decrease the activity of the immune system. When white blood cells are exposed to high levels of sugar in the bloodstream, they have a decreased ability to engulf bacteria and have weakened systemic resistance to all infections.

***Coffee:*** It's also best to avoid too much caffeine as it can undermine your body's immune system and act as a diuretic, which will deplete your body of water. Caffeine is a diuretic that contributes to the body's loss of important nutrients, such as calcium,

magnesium, and potassium. Caffeine places stress on the adrenal glands (already stressed out from our hectic lifestyles) and adversely affects the nervous system.

**Alcohol:** When consumed in excess, alcohol is a poison to every system of your body. It depresses the nervous system, inhibits the bone marrow's ability to regenerate blood cells, is toxic to the liver, depletes B-vitamins, and is dehydrating. So try to avoid alcohol as much as possible.

**Smoking:** Smoking can impair your resistance as well as injure the respiratory tract, which makes you more susceptible to the flu.

**Raw foods:** undercooked eggs contain infectious bacteria and intestinal parasites. Raw fruits and vegetables should be well washed before eating.

**Rancid fats and oils:** At higher temperatures and exposure to light, oils and fats turn rancid more quickly. When foods are deep-fried, the fats used reach very high temperatures, and if the oil is re-used, as is invariably the case, the oxidative effect is magnified and these create free radicals, which are highly reactive molecules that can initiate chain reactions of chemical disruption, injuring cell membranes, enzymes, and DNA. Common sources of rancid fats and oils are nuts, chips, baked goods, and fried foods.

**Food allergies:** Many people are sensitive to certain foods, which can result in symptoms including intestinal distress, fatigue, and even weight gain. Common foods that create such problems are dairy, eggs, gluten (the protein in wheat), and soy, corn, and food additives. Individuals that experience any of the above symptoms should experiment with eliminating these foods from their diets for a few weeks to see what changes occur. Then, reintroducing one at a time will give a good indication of which foods may be causing the problems.

***Eat Healthy Food and  
Stay Healthy***