

To Your Health Fitness and Nutrition

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To Your Health Tips November



Ten Tips to Enhance your Immune System In light of the Swine Flu scare and the upcoming Seasonal Flu season, here are 10 tips to power up and help your body resist infection:

1. **Eat as many fruits and vegetables as you can *everyday*. Eat the spectrum of the rainbow. Phytochemicals, vitamins and minerals are the magic substances that enable your immune system to function at its finest. They help all the necessary reactions to take place in order to fight the daily exposures to a plethora of viruses, bacteria, and cancer cells.**
2. **Make sure to get 2 servings of whole food, plant-based omega-3 fatty acids everyday. Omega-3 fatty acids (ALA and EPA) are anti-inflammatory and help increase immunity. 1 serving includes 1 Tbsp of flaxseed or 1/4 cup walnuts.**
3. **Minimize intake of processed foods. These contain high amounts of immune-*depleting* ingredients including sugar; omega-6 fatty acids; artificial colors and flavors; and white flour. These non-food products overtax the immune system as it attempts to convert them into useable substances in the body.**
4. **Drink lots of tea...green, black, white or oolong. They all contain high levels of polyphenols and antioxidants which help improve the fighter cells battling at the front lines.**
5. **Eat your greens...everyday, aim to consume one pound of raw greens and one pound of cooked greens. These are immune power-houses filled with every nutrient necessary to protect health.**
6. **Get tons of fiber from your diet everyday. The recommended minimum of 25-30 grams per day is not even close to being sufficient. Unfortunately, most Americans do not even meet that exceedingly minimized minimum. Fiber has so many amazing health benefits. One of those includes removing toxins from the body (even toxic metals and sex hormones). If your body has fewer toxins, the immune system is able to save precious resources and maximize efficiency. Thus, eat tons of vegetables, fruit, beans, and whole grains at each meal to boost your immune system.**
7. **Exercise is the best way to stimulate the lymphatic system. Regular, moderate exercise will help the lymph circulate, thereby**

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moving toxins out of the lymph nodes to be cleared in the blood. This will free up the immune system to be able to handle the load of assaults it is constantly barraged by.

8. Do everything in your power to make sure to get adequate sleep at night. Sleep is the time during which the body can focus on healing, detoxifying and clearing the system. Being well-rested boosts immunity and protects against short-term as well as chronic illness.

9. Minimize stress as much as possible. Stress increases circulating hormones that tax the system, breaking it down, and leaving it vulnerable. Try taking a walk, a warm bath, meditation, deep breathing, watching a funny movie, or any other method that works for you. Make it a priority as often as is necessary to keep you calm.

10. Vitamin D is thought to enhance immunity. Although it is rather controversial whether Vitamin D comes from the sun or from a supplement, make sure you are either in the sun for 15 minutes a day, 3-5 days a week, with minimal cover, or taking your supplement, preferably Vitamin D2 (ergocalciferol) twice a day. Optimally, get your blood level of vitamin D tested in order to determine most accurately *if*, and how much, vitamin D supplement you might need to consume.



- **Recipe of the Month:**

- Immune-Boosting Pumpkin-Lentil Soup**

- (From Dr. Caldwell Essylsten's *Prevent and Reverse Heart Disease*)**

- 1 large onion, chopped

- 2-6 cloves garlic

- 3 ribs celery, chopped

- 3 carrots, chopped

- 7-8 cups vegetable broth or water

- 2 cups red lentils

- 1 large can pumpkin (no sugar)

- ¼ tsp dried marjoram

- ¼ tsp dried thyme

- Lots of Tabasco

Combine onion, garlic, celery, carrots, lentils, and broth or water in a soup pot. Bring to a boil. Lower heat and simmer, covered, for 30 minutes or until vegetables and lentils are soft. Add pumpkin and spices. Simmer until all is blended. Add Tabasco sauce to taste. "The Tabasco makes a difference. You will be surprised at how many shakes you need-15 to 20! Be fearless!"