



### Avoiding the swine by boosting immune system 11/08/09

A good diet and healthy lifestyle can help strengthen the immune system and help us fight whatever infections our bodies come in contact with.

The usual immune boosting suspects are Vits A,C,E, Zinc and selenium which we can all get out our foods or of course from a good multi vitamin/mineral. My advice is to start juicing, this is a quick& easy way of getting them in, great 1st thing in the morning, try not to eat for at least half hour before or after to ensure proper absorption of nutrients. Start with 2 apples, 1 ring pineapple, piece of ginger, beetroot and juice, then throw all into the blender& add 1tsp of any of the chlorophyll(wheatgrass/spirulina/chorella/barleygrass), open 1 probiotic capsule and add, some coconut milk and off u go! whizzzz

- Try to avoid the sugars, and not just confectionery, hidden sugars in white breads/pasta(go brown)). Fizzy drinks of course(specially for the kids) Sugar will feed any intruder(viral/bacteria) in the body.
- Exercise, Exercise, Exercise! Reduces stress, increases mood and thus has a positive effect on the immune system
- Hydrate- 1.5l of water per day, dont forget if u are a herbal tea drinker, and making sure it is caffeine free.. u are getting the water in that way also. Limit your number of caffeinated tea/coffee to 1 a day and have it around midday and NOT when we wake up!Flu viruses love a dry environment so sip water slowly throughout the day.
- Reduce you alcohol intake..sorry folks but the liver is the organ of detoxification and MUST function optimally.Also most alcohol=sugar.
- zzz - get some sleep, at least 8 hours. this should have been No.1. The body does most of its cell repair,maintenance &growth when we are asleep, Immune system is seriously compromised when we are tired.
- Get a good probiotic and please dont rely on probiotic drinks from the supermarket as these contain high amounts of sugar and thus do the opposite. Probiotics improve overall gut bacteria which are wiped out by overuse of antibiotics. 80% of our immune system is located in the digestive system! So strong gut health=strong immune system
- Immune Boosting herbs = Echinacea, Astragalus, Goldenseal. Garlic has antiviral properties and hence supports the immune system.
- DO NOT SMOKE -smoking suppresses immunity and affects anitbodies that fight infection.
- Finally:
  1. THINK POSITIVE
  2. ENJOY LIFE - surround yourself with positive people

*Lisa Moore.. at Mothernature Health food Store:)*