



# Strength From Within

## Ways to Nurture Your Immune System Every Day



*The best way to support your immune system is still good old **self-care**. Below are suggestions to strengthen your immune system so your body is strong for cold and flu season. The information should be used along with the advice from your health care provider.*

**Get enough sleep and rest:** It helps your body cleanse and restore on a daily basis.

**Wash your hands:** thoroughly and often.

**Minimize stress:** Stress weakens your immune system. Research shows the nervous and immune systems are intimately connected and communicate with each other. Ask for support from family, friends or a counselor. Laughing helps your body smile from the inside.

**Eat well:** A healthy diet is essential to keep your immune system working its best. Choose colourful foods like vegetables, fruits and protein foods that are high in vitamins, minerals and antioxidants that help your body be strong from the inside out.

- **Eat 7-12 vegetables and fruits every day.**
- **Choose protein** foods at all meals and snacks: fish, beans, peanut butter, eggs, nuts/seeds, lean chicken, turkey and meats.
- **Eat foods high in healthy omega-3 fats** often (i.e. salmon, trout, eulachons sardines, walnuts, ground flax, hemp hearts)
- **Processed foods** are full of preservatives, sugar, additives, and fats and are low in vitamins, minerals and antioxidants and junk foods have also been linked to inflammation.

**Drink enough water:** helps flush waste products from your body and keeps it hydrated. A good sign of hydration is clear pee. Keeping the mucosal lining in your lungs and sinuses hydrated boosts immunity.

**Walk away your worries:** Be active every day for your mind, body and spirit, it releases hormones that help you deal with stress and feel happy.

### Cough and Cold Tea

- Chop or grate 1 tbsp. ginger root or use 1 tsp dried ginger
- Grate lemon zest and/or slice up 1-2 slices of lemon
- 1 tsp of honey (optional)
- Mix the above together in a mug and add hot water.

**Enjoy a soothing tea for sore throats.**

### Carrot Ginger Soup

- 2lb bag of carrots
- 1 med sweet onion
- 2 small stalks of celery (use the leaves)
- 5 Crab apples (1/2 granny smith will do too)
- 2-3 Tbsp. olive oil
- 1 Tbsp. grated ginger
- 1 Tbsp. garam masala or curry seasoning
- 1 Tsp cumin (optional)
- 1/4tsp of nutmeg (optional)
- 4-6 cups of stock

#### To Make:

Chop and cook the first 6 ingredients until soft. Add the spices and ginger cook gently for 1-2 minutes more then add stock. Simmer for 20 minutes or until flavours combine and then puree.





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### Eat Veggies and Fruit

You need about 200 mg of Vitamin C per day to help fight colds. (this equals 4-6 servings of veggies and fruits, such as: peppers, strawberries, kiwi, oranges, berries and broccoli or a veggie or fruit).

### Zinc

Found in seafood, beef, pumpkin seeds and baked beans. Taking a zinc supplement within 24 hours of getting a cold may help you have fewer symptoms. The recommended dose is not yet known. Speak with your doctor/pharmacist for more advice.

### Probiotics

Good bacteria help keep your immune system healthy. Many foods are rich in friendly bacteria: yogurt, homemade sauerkraut, eulachons, kim chee, miso, kefir. A dose of 10 billion active probiotic cultures per day will help fight colds. Check labels of some yogurt for added probiotics. To be effective you have to take probiotics every day for at least three months. Look for products that specifically contain and ensure they are alive.

### North American ginseng

A herb that is available as capsules, liquid or tea. You need to take at least 100 mg of extract on a daily basis during cold season to see a benefit.

### Echinacea

A flowering plant that is available in many forms. Most benefit, choose supplements/teas made from the flower/stems of the Echinacea purpurea plant.

### Ginger

A spicy herb that is used in cooking, flavorings and medicine. Anti-inflammatory properties in ginger make it useful for sore throats and coughs.

### Licorice

Licorice root is a sweet and soothing medicine for sore throats and dry coughs. Try sucking on the root for sore throats, coughs, or when quitting smoking. (NOTE: Don't use licorice if you have any problems with high blood pressure.)



### Bone Broth

- **Bones** (poultry, fish, shellfish, beef, lamb)  
**Use one of the following options:**
  - leftovers bones
  - raw bones and without skin and meat
  - use a whole carcass or just parts
  - don't forget shellfish shells, whole fish carcasses (with heads) or small dried shrimp
- **Water:** cold water enough to just cover the bones or 2 cups water per 1 pound bones
- **Vinegar:** 2 tbsp/4 cups of water. Apple cider, red or white wine, lemon juice
- **Vegetables:** (optional) – any scraps from cooking or raw veggies

#### To Make

Combine bones, water and vinegar in a pot. Let stand for 30 minutes to 1 hour. Bring to a simmer and remove any scum that has risen to the top.

Reduce heat and simmer (6–48 hrs for chicken, 12–72 hrs for beef).

Strain through a colander or sieve and discard the bones.

Drink broth or use to make soup!

**NOTE: You can also make this broth in a crockpot.**

### Fruit Smoothie

- 1 banana (frozen or fresh)
- 1 apple - cut in chunks
- 1 c frozen mixed berries
- 1 c frozen spinach (optional)
- 1 c milk
- 1 tsp grated ginger root

#### To Make

Place all ingredients in blender and puree until smooth. Serves 2-3



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### Cedar Facial Steam

You can use fresh herbs that are finely chopped, crushed dried herbs or essential oil for a respiratory steam. Place one handful of herbs like cedar, lavender or mint into a bowl.

Add 1-2 drops of essential oil if desired (lavender, mint or eucalyptus). Be careful to use essential oils in small amounts when pregnant. Pour boiled water over the cedar until the bowl is half full.

Put your face over the steaming herbs at a comfortable distance and cover your head with a towel. Breath deep!

Try to steam for at least five minutes. Pour more hot water in if necessary. For severe coughs or sinus congestion, steam several times a day.

### Western Red Cedar

The leaf and buds have traditionally been used to treat lung infections.

The foliage has immune stimulating properties that increase white blood cell scavenging and is helpful for chronic respiratory infections. The volatile oils in the leaf also act as an anti-bacterial.

A steam from dried or finely chopped fresh cedar leaves can help combat infections and open the respiratory passages.

### White Bean, Kale, Sausage Soup

- 1 Tbsp. olive oil
- 1 small onion diced
- 3-4 cloves of garlic diced
- 3 Tbsp. of rosemary, chopped
- 4 cups low sodium chicken stock or water
- 1 bunch of washed/chopped greens (kale, chard or nettles)
- 1 15oz. can of white beans
- 6-8 ounces Italian sausage

#### To Make:

If you are using ground sausage, cook in a medium-sized sauté pan until fully cooked.

Drain fat and set aside. If you are using whole, pre-cooked sausages, cut them in small slices.

In a soup pot, on medium heat, warm the olive oil. Add onions and garlic and cook about 5 minutes.

Add chicken broth, rosemary, sausage and greens to the pot. Bring to a simmer and cook 10 minutes. Add the beans. Simmer an additional five minutes then serve.

Cook time: 30 minutes. Serves: 4-6.