



Boosting your immunity and avoid the cold and flu season (and Covid19)

A healthy body begins with a healthy immune system. It maintains homeostasis by defending against viruses and bacteria, which can cause inflammation, illness and disease. If you are focused on your wellbeing and supporting your immune system, it's unlikely you'll get sick. Focusing on what you eat, will put you in a great position to fight any illness. So instead of reaching for the toilet paper on the supermarket shelf, it is more important to stock the following:

- **Whole foods** – unpackaged, organic where possible vegetables and fruit have the answer to almost everything. Five servings of vegetables and two servings a fruit per day as a minimum requirement for good health.
- **Quality protein** - your body needs a daily supply of quality protein. A deficiency of high-quality protein can result in depletion of immune cells, inability of the body to make antibodies, and other immune-related problems.
- **Vitamin C rich foods** – are my top priority which includes berries, capsicums, kiwi fruit, citrus fruits and dark leafy greens. I would add a supplement of Vit C to your list to get an extra boost if you are at risk (250 mg x 4 per day is what the body can absorb most effectively). I love the Orthoplex Ultra Buffered C Powder that the whole family can use.
- **Vitamin D** - enhances our immune system, protecting against the development of autoimmune conditions and cardiovascular disease. Bioceuticals has great Vitamin D3 drops for an extra boost.
- **Garlic, Ginger and Turmeric** – use crushed, in salad dressings, in every meal or on their own – these are great antimicrobials. I love the Golden Elixir (a fresh blend of crushed turmeric and ginger that you can drink as a tea or add to a salad dressing, available at our clinic).
- **Probiotic rich foods** - support your gut where 80+% of your immune system lies and your feel-good hormone serotonin, with fermented vegetables, kimchi, kombucha, kaffir, dairy or coconut-based yoghurts that contains live cultures.
- **Mushrooms** – there is some new science around the amazing immune boosting properties of mushrooms, reishi and shitake. I love the BioMedica BetaMax as an immune support supplement.
- **Breathe** - stressed nervous system will suppress your immune response and increase your susceptibility. Take three to five of your deepest diaphragmatic breaths right now and notice how different you feel.
- **Turn off the news** - stay clear of any fear-based accounts you see on social media. Get the facts from the WHO and Department of Health websites
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
<https://www.dhhs.vic.gov.au/coronavirus>

Yours in wellness,

A handwritten signature in cursive script, likely belonging to the author of the document.