

## Staying Healthy Through Flu and Winter Months: Holistic Immune Support

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## Goals of the Webinar:

- \*Basic Details of your body and how you deal with the flu and winter season
- \*Food ideas to stimulate and boost your immune system (including for children)
- \*Other ideas for overall support of your immune system (herbs, supplements, sleep)
- \*FAQ

Note: None of this information is intended to diagnose or treat any condition. Please consult a doctor before beginning any program.





YOU DO NOT *HAVE*  
AN IMMUNE SYSTEM!

YOU *ARE* AN IMMUNE  
SYSTEM!

It's not about what you come  
into contact with but how  
strong your system is to fight it





# The Importance of Our Immune System



- Our immune system is better described as a immune system as a portable digestive system.
- Must digest and absorb to have a healthy gut for a healthy immune system (more later)

**DO YOU HAVE  
THE  
GUTS  
TO BE  
HEALTHY?**



# Host Resistance



- The ability of the body to “resist” infection.
- Not everybody exposed to a pathogenic microbe gets sick.
- Why? It depends on how strong our system is at that time.



121801201 www.fotosancti.com



# What crEATes host resistance?



- 1. EATing is one of the greatest acts of crEATion! Food matters!
- 2. Sleeping is a time of healing and strengthening. Rest builds your “terrain.”
- 3. What does not kill you makes you stronger: the role of good stress.

Healthy  
Living



# 1. Food Matters

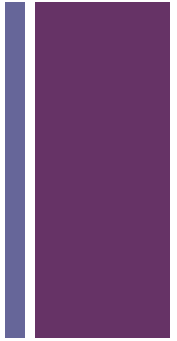
- Identify and avoid food allergens. These distract the immune system from REAL microbial threats. (note on how to do this at the end of webinar)
- Stabilize blood sugar: fluctuations in blood sugar create an emergency for the body. Immediate survival supersedes healthy immune function. (ie bad food choices)
- During the holidays, don't skip meals and don't go to parties hungry!



# + Eating well to stay well!

## Emphasize the following 10 foods:

- 1. Garlic ~ antimicrobial and stimulates the immune system. Best in raw form, 1/2 to 1 whole clove garlic per day. For kids, mix in with raw honey (unless under two years old use some maple syrup)
- 2. Fish oil ~ omega-3's increase phagocytic activity and strengthen cell membranes. Make sure it's wild fish
- 3. Leafy greens ~ high in B vitamins, minerals, and beta-carotene. Can do raw, juiced, or cooked. Best to do cruciferous cooked for more vitamins, etc
- 4. Berries ~ packed with antioxidants to deal with the aftermath of immune battles. Also less in sugar.
- 5. Citrus ~ high in vitamin C and other bioflavonoids. Other sources high in these are bell peppers (use them in crockpot recipes)







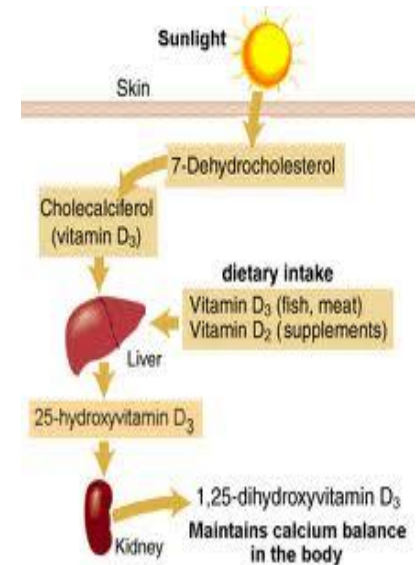
# Eating well to stay well continued...



- 6. Chicken Soup ~ delicious, digestible, and familiar; it's also nutrient-rich. Ideally make yourself. Using a crockpot for the chicken with all the bones (bones have a lot of immune support) is best. Also pasture raised chicken ideally.
- 7. Ginger ~ antioxidant, antimicrobial, and warming to fend off colds. Can do in tea, soups, etc. (Carrot, ginger soup is one idea that kids will like too)
- 8. Elderberry ~ loaded with antioxidants and helps your cells hide from viruses. Can make your own elderberry syrup at home  
<http://wellnessmama.com/l888/elderberry-syrup/>
- 9. Carrots, winter squash, sweet potatoes ~ packed with beta-carotene and other phytonutrients. (perfect example of eating seasonally)
- 10. Mushrooms ~ high in immune-boosting polysaccharides (and Vitamin D)



# Vitamin D



Vitamin D affects the immune system by promoting anti-inflammatory activity and boosts immune cells. Being in the sun can help but harder during the winter months

Food sources high in Vitamin D:

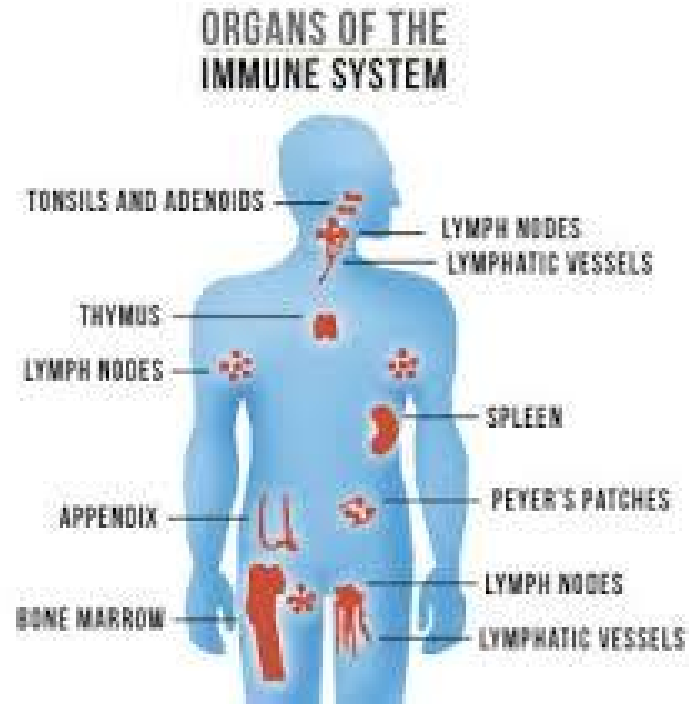
<https://www.healthaliciousness.com/articles/high-vitamin-D-foods.php> (good minus grains and soy)



# What makes up the immune system?



- **Stomach & Intestinal Flora**
  - Must digest your food to absorb nutrients for your immune system
  - 70% of your immune system is in your intestines (along with most of your feel good neurotransmitter serotonin)
- **Thymus Gland, Spleen, Lymph Nodes**
  - Various herbs, etc can support
- **Bone Marrow**
  - Good reason for bone broth
- **Liver**
  - Quality liver supporting foods





# Foods to Support Immune Organs



- Intestines
  - Fermented foods, coconut oil, MCT oil, blueberries, sweet potatoes, jicama, okra, grass fed butter. Good list is here minus the grains.
  - <http://www.prevention.com/w/eight-loss/diets/best-foods-healthy-gut-bacteria>
- Stomach
  - Bitters before a meal (See next slide)
  - Bone (Bone Broth)
    - <http://therealfoodguide.com/bone-broth-basics-make-bone-broth-in-a-slow-cooker/>
  - Liver
    - <http://bembu.com/detox-foods>



# Herbs to Support Immune System

Note: IF interested there are corporate discounts for any products recommended



## ASTRAGALUS COMPLEX

- 850 mg Astragalus root
  - Immune enhancing
  - Tonic
  - Adaptogenic
- 750 mg Eleuthero root
  - Adaptogenic
  - Immune modulating
  - Tonic
- 650 mg Echinacea root
  - Immune modulating & enhancing
  - Depurative
  - Lymphatic

## GANODERMA & SHITAKE

- 6.6 grams Reishi
- 800 mg Shitake
- Provides tonic immune support.
- Reishi is excellent to prepare people for allergy season/cedar fever.
- Supports weakened immunity from cancer, cancer treatment, post-viral syndromes, HIV, and autoimmune conditions.

# + Providing Foundational Immune Support

## Supplements

- Vitamin D (amount needed ideally based on labs) Best with Vitamin K
- Cod Liver Oil (for Vitamin A)
- Many herbs could also help
  - Echinacea
  - Ganoderma and Shiitake
  - Astragalus
  - Andrographis

## Lifestyle

- Activity: Do what you like
  - Walk 1 hour each day, Gym, Swim, etc. Ideally no more than one hour
  - Rest: Go to bed as close to 9PM as possible.
- Other Supplements:
  - Immuno Select by Moss Nutrition
  - Buffered C
  - Myological Immune can support the immune organs all together



# Herbal Digestive Support in the form of Bitters



## DiGest Phytosynergist 1 tsp TID

- 1 gram Milk thistle seed
- 750 mg Chamomile flower
- 500 mg Dandelion root
- 500 mg Echinacea
- 100 mg Gentian root

## DiGest 1 tablet, chewed, TID

- 2.1 grams Milk thistle seed
- 500 mg Tangerine fruit peel
- 500 mg Dandelion root
- 100 mg Ginger rhizome
- 100 mg Gentian root
- Tangerine & chamomile essential oils



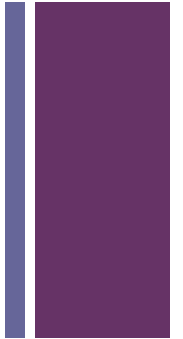
## 2. Sleepy time!

- “Normal average sleep duration was about 9 hours per night in 1910, and remained close to this until 1960. Since 1960 the average has fallen to about 7.5 hours currently. Approximately 1/3 of the population sleeps 6 hours or less per night. To meet the demands of around-the-clock production, many shift workers sleep, on average less than 5 hours per work day.”



### References:

- Bliwise – Historical change in the report of daytime fatigue, 1996.
- Broman – Insufficient sleep in the general population, 1996.
- Kripke – Short and long sleep and sleeping pills, 1979.
- NSF – Omnibus sleep in America poll, 2003.







# How do you honor the winter season?

Winter is a time of quiet hibernation for introspection and rest.

- Sleep more, go to bed earlier, including naps.
- Eating warm, cooked foods, making a broth for soups.
- Spend more time with friends and family, less time working.
- Read more.
- Take more hot baths. (can add Epsom salt
- Make hot tea. (Ginger, Licorice, Chamomille)





# Food Allergy and Reintroduction



If you get sick every winter there can be many reasons. One can be that your system is overburdened by foods that you are “sensitive” to. I say this as it might not be a true food allergy but it’s something worth trying. See the details below

<http://www.drscottjurica.com/wp-content/uploads/2015/02/Food-Sensitivity-and-Reintroduction.pdf>



## Other Info



Dirty Dozen Clean Fifteen: <https://www.ewg.org/foodnews/>

Ginger Drink for Immune Health: Ginger Bug

<http://wellnessmama.com/8942/ginger-bug/>

Sites for Recipes: [www.bulletproof.com](http://www.bulletproof.com), [www.paleorecipebook.com](http://www.paleorecipebook.com),  
[www.paleocupboard.com](http://www.paleocupboard.com)



# Bonus: Orange Jello.



- 2 cups of freshly squeezed juice from organic oranges
- 2-4 TBS Great Lakes gelatin (orange container)
- 1-2 TBS honey or maple syrup
- Combine orange juice and gelatin in a medium-sized pot. Let sit for 5 minutes. Then, put on medium heat, stirring until the gelatin has dissolved. Add sweetener of your choice. Pour into a medium-sized pan and refrigerate until firm.





# QUESTIONS?

Contact info for further questions:

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