

ENERGY BOOST

HOW TO RE-BOOT YOUR IMMUNE SYSTEM

BY SIMONA STEPANCIC

It is all about balance when it comes to immunity...the balance within us, the world, the environment and the whole universe. When we are balanced, our immune systems are strong and protect us from anything that threatens our lives.

The main elements of the immune system are lymphatic system, thymus gland, spleen, and bone marrow. Together they work in synergy to maintain resistance to disease. Some of the immunity is inherited but the majority depends on our lifestyles.

The immune system can be balanced with proper nourishment of the entire being: the Body, Mind and Spirit. As a result, the body is better able to handle all stresses, including the stress of disease.

I suggest a slow transition to a healthy diet to allow the body to shift automatically into the new pattern. My recommendation is a

step-by-step approach, beginning with more organic food.

Choosing organic food is not just to avoid pesticides, but to obtain the higher levels of vitamins and minerals that organic foods contain. Studies show that pesticides and herbicides deprive foods of vitamins, minerals, enzymes and macronutrients. With the change to organic foods you will have all the energy available under the sun, feel vibrantly alive and healthier, feel indescribable happiness, wake up feeling rested, look and feel younger, shed excess physical weight, experience more internal peacefulness, and be empowered on every level.

Start now to incorporate in your diet some of the best organic super foods to give you an energy boost and re-boot your immune system.

1. HEAL WITH SUPERFOODS

PHYTONUTRIENTS AND ANTIOXIDANTS

Phytonutrients are naturally occurring substances that plants create for their own protection. They give plants their colour, flavour, taste and resistance to disease and are beneficial for humans as they boost the immunity, fight disease and slow down the aging process.

a. Eat a variety of red and orange organic fruits and vegetables that are high in carotenoids, such as carrots, pumpkins, red and yellow peppers, red potatoes, papaya, strawberries, raspberries, peaches, man goes, and acerola berries. Carotenoids destroy free radicals before they do any cell damage, decrease heart disease, prevent cataracts and support the immune system.

b. Colour your plate with green cruciferous vegetables such as broccoli, arugula, brussels sprouts, cauliflower, kale, bok choy, onion and garlic. They help delay tumour formation, speed up the removal of excess body estrogens which inhibit the growth of the breast tumour cells, and boost the immune system.

c. Incorporate dark bitter greens that contain the potent phytonutrient chlorophyll, such as endive, arugula, dandelion, radishes, mizuna, mustard greens, swiss chard, kale, watercress and parsley, in your daily menu. Bitter greens are packed with vitamin C, vitamin A, calcium, iron, magnesium and sulphur, that contribute to the growth of lustrous hair, glowing skin and strong healthy nails. They are anti-inflammatory and detoxify your body.

d. Eat organic berries and grapes which are a rich blend of phytonutrients that fight disease. Ellagic acid is a plant pigment that has anti-mutagenic and anticancer properties. It is found in high concentration in blueberries, raspberries, blackberries, strawberries, and green and purple grapes.

e. Have Turmeric every day. According to Ayurveda, turmeric is the top anti-cancer herb. It is good for digestion, is antibacterial, and has anti-inflammatory properties. Turmeric is more effective when used in cooking.

f. Eat sea vegetables such as spirulina, dulse, wakame, arame, kombu, and chlorella on a daily basis. They are alkaline-forming to buffer the acid ashes of proteins and grains. Sea vegetables are packed with trace minerals, and they remove toxic chemicals and metals from the body. Toss them on salads or use in soups.

g. Juice your organic fruits and vegetables. They are fresh, easy to absorb and the enzymes aid in digestion, assimilation, and detoxification. One glass of pure, raw, fresh juice per day will help improve the immune system and increase energy. Buy a good quality juicer that can juice all vegetables and plant food, including stems, peels, seeds and grass.

h. Take a protein drink to repair and build the body tissues, including muscles, organs, skin and hair. Protein keeps you energized, alert, and is needed for healthy cells, maintenance of lean muscle tissue, and formation of happy

continued on page 58



ENERGYBOOST

HOW TO RE-BOOT YOUR IMMUNE SYSTEM continued from page 57

hormones such as serotonin and dopamine, so you can cope better with stressful situations. Arugula, chlorella, spirulina, Goji berries, hemp seeds, bee pollen, Maca, Almonds and sprouted grains are all easy digestible sources of protein building blocks. You can also use rice or whey protein in shakes...Mix with the protein water and add some fresh or frozen berries. Wild Sockeye salmon is an excellent source of animal protein for non-vegetarians.

i. Eat fibre! It is essential for eliminating toxins from the bowel. Good bowel movements at least once a day are important for a healthy immune system. Fibre is the part of plant food that you cannot digest. It is suggested to eat at least 35 grams of fibre-rich food daily. There are two types of fibre, soluble and insoluble. Insoluble fibre speeds up elimination and does not dissolve in water. It is found in whole grain breads, cauliflower, dried beans, flaxseeds, fruit skins, popcorn, and whole grain pasta. Soluble fibre dissolves in water and soaks all the toxins in the bowel. It is found in apples, oranges, lentils, beets and carrots.

j. Essential Fatty Acids (EFA's) are the key to health. They cannot be made by the body; they must be supplied in the diet. There are two primary forms of EFA's. Omega-6 found in plant sources, and Omega-3 found in flaxseeds and cold water fish such as wild salmon, tuna, sardines, mackerel etc. EFA's lowers blood pressure and triglycerides (bad cholesterol) and are essential for membranes that surrounds and protect our cells. Mix flaxseeds in protein shakes, salad dressings and dips. Hemp and black currant oil are plant sources of omega 3 and evening primrose and borage oil are plant sources of omega 6.

k. Remember to drink water! It is essential for healing. Water lubricates tissues, flushes wastes and toxins, hydrates the skin, and transports minerals, vitamins, proteins and sugars around the body for assimilation. Recommended is approximately ten glasses of reverse osmosis water every day. The amount depends on climate, stress, exercise and the amount of cooked food that you are eating daily. Coffee and colas dehydrate your body, and are aging. Water gives you moist and supple skin, and keeps your brain sharp and elimination system regular.

2. HEAL YOUR EMOTIONS

Your nervous system directly communicates to your immune system, therefore thoughts and emotions affect you in a profound way

a. Love Yourself Think about all the good things that happened to you lately – especially when you feel down or caught in negative feelings. Be grateful for everything you have: health, people that you love and those that love you...your parents, your spouse, friends etc. Write down your own affirmations. Visualize what you would like to create in your life and sense it as if it is happening right now (health, slender body, happiness, harmony), and practice love, peace and compassion.

b. Take A Deep Breath Focus on your deep breathing to obtain oxygen for stress relief and rejuvenation. Practice yogic breathing for stress relief. Place the tip of the tongue behind your upper teeth and breathe in through your nose...mentally count to four. Hold your breath...mentally count to seven, and then exhale again through your nose...mentally count to eight. With yogic breathing you influence your mind, body and moods. Deep breathing reduces any kind of stress that comes into your life. Meditate and focus on deep and regular breaths. Breathe slowly and deeply from your stomach. Do this in a quiet environment and if you are in the mood, put on some calming music.

c. Relaxing Sleep Get enough quality sleep. Go to sleep at the same time every night and wake up at the same time every morning. Try to sleep in a quiet, well-ventilated room, and in complete darkness. Practice relaxation and meditation before sleep to feel rested, calm, reenergized, and to help cope with stress.

d. Exercise Your Body Low to moderate exercise will strengthen your whole body - muscles, nerves, blood, glands, lungs, heart, brain, mind and mood. Adding 30 to 45 minutes of gentle physical exercise such as walking, cycling, and dancing, will promote cleansing of the blood by stimulating circulation and perspiration. It will also increase strength, sharpen your memory, reduce fatigue and stress, balance your weight and enhance immune responses. But that is not all; you will feel energized, self confident and emotionally high.

Give your body the tools it needs to repair itself. Good nutrition, emotional health and regular exercise will do the trick

