



Holistic Nutrition

October 2005

Supporting your Immune System

The immune system is a complex system in the body responsible for fighting disease. Its primary function is to identify foreign substances in the body (bacteria, viruses, fungi or parasites) and develop a defense against them.

The immune system can become depressed or weakened by various things including emotional stress, inadequate sleep, overtraining, environmental and occupational chemical exposure, UV and other types of radiation, viral and bacterial infections and marijuana use. The foods we put into our body will also have an impact on immune response. Alcohol, refined sugar and lack of protein all contribute to a decreased immune system.

Sugar decreases the function of your immune system almost immediately. It is especially important to avoid sugar if you feel you are coming down with something. Avoiding sugar on a regular basis will do wonders for your health and make your body stronger. Food manufacturers know people like sugar. That's why they add sugar to many products, including soups, sauces, canned and packaged foods. Next time you go shopping be sure to check the labels for hidden sugar. Some alternative names for sugar you might see on food labels include Dextrose, Maltose, Fructose, Lactose, any kind of syrup, concentrated fruit juice, corn sweeteners or any variation of these names.

Now that we know what can weaken our systems, let's look at how we can build a healthier immune system. First, keep the vital organs healthy through regular physical activity, fresh air, rest, good nutrition and nutritional supplements. Ensuring proper elimination of toxic waste, by helping the body's detoxification processes, is also important. Sweating, supporting the kidneys with sufficient fluid intake, and maintaining regularity in the bowels with adequate fiber and exercise are all helpful. *(Ideally the number of bowel movements in a day should be equal to the number of meals eaten the previous day. This is often not the case, but there should be at least one good elimination each day. The stool should be soft but not loose or runny and the color will vary somewhat according to the diet but generally should be a uniform light brown.)*

So here are some nutrients to add to your family's diet to keep their immune systems strong and ready to fight off those nasty viruses and bacteria.

Vitamin C : This is probably the single most important vitamin for the immune system. This vitamin works best when taken with bioflavonoids, a natural plant substance that enhances the absorption and reinforces the action of this vitamin.

Vitamin E: This is an important anti-oxidant and immune builder. It also enhances the production B-Cells (*the cells that produce antibodies that destroy bacteria*). When shopping for Vitamin E, be sure to purchase the natural form and not the synthetic form. To distinguish between the two forms, natural vitamin E will be listed on the label beginning with the letter "d" (eg. d-alpha tocopherol), whereas synthetic vitamin E will begin with "dl" (eg.. dl-alpha tocopherol).

Omega-3 fatty acids. The omega 3 fatty acids in flax oil and fatty fish (such as salmon, tuna, and mackerel) act as immune boosters.. (Perhaps this is why grandmothers used to insist on a daily dose of unpalatable cod liver oil.)

Garlic. This flavorful member of the onion family is a powerful immune booster that stimulates the multiplication of infection-fighting white cells, boosts natural killer cell activity, and increases the efficiency of antibody production.

King West Centre

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Toasted Pumpkin Seeds



Ingredients:

Seeds from a fresh pumpkin
Salt or other seasoning such as cayenne, garlic, onion powder, etc. (optional)

Instructions

Rinse seeds and separate all pulp and fiber from seeds. Let seeds dry. Spread seeds on a cookie sheet in a single layer. Sprinkle with salt or other seasoning if desired. Roast at 250 degrees F. for about an hour, stirring every 15 to 20 minutes until golden brown. Watch so they don't burn. (If the seeds are very dry, you can increase the temperature up to 300 F. and reduce the cooking time.) Let cool before eating.

The pumpkin shells are edible as well as the seed inside. Store in an airtight container at room temperature for up to three months or in the refrigerator up to one year.

Halloween Party



Join us **Friday, October 28th** at 7pm for our the King West Children's Halloween Party.

All Children between the ages of 5-10 yrs old are invited. The evening will include games, and Halloween safety tips from an OPP Officer.

Each child will receive a gift bag, and reflective toys that can be worn Halloween night.

Space is limited, please reserve your space by calling Bonnie at 905-773-2225

Sugar Free Halloween ?

Instead of giving out candy this Halloween why not give out fun toys, pencils, stickers and other fun Halloween things.

Check out your local "Dollar Store" for ideas.

For more fun and interesting ideas check out www.smilemakerscanada.com



Upcoming Seminars



Super Immunity for Kids

Which foods weaken the immune system?

Why do my kids catch frequent colds?

Are there natural solutions for asthma?

"Ask the Nutritionist" was created to educate the health conscious consumer so that informed decisions can be made about health and well being.

Date: Tuesday, October 11, 2005

Location: Richmond Hill Central Library

Cost: Free

Ladies Night

Join us for our **biggest Ladies Night event ever!** Over \$300 in prizes to draw, guest speaker on meditation, food preparation demonstration, and a relaxation kit and gift certificate for each attendee!

Date: Wednesday, October 26, 2005

Location: King West Centre

Cost: Free

Pre-registration by phone or email is required for all seminars



Cooking With Rita

Gluten Free Cooking

Create meals using gluten free alternatives

Wednesday, October 12—7pm

Monday, October 17—7pm

Cooking Wheat Free

Create delicious meals without wheat

Wednesday, October 19—7pm

Monday, October 24—7pm

Register by phone or email:

(416) 312-7617 or rita@rncprika.ca