



Holistic Nutrition

October 2007

Building a Healthy Immune System

There are many colds and flu around this time of year and soon you will start seeing advertisements for flu shots. Most of you probably know where I stand on the topic of vaccinations. Instead of injecting foreign substances into the body in hopes of building and immune system why not build your immune system naturally?

Our immune system is directly affected by poor diet, stress, hormone imbalances, exposure to toxins, lack of exercise, stress and sleepless nights. When you build a healthier immune system you begin to protect yourself from things like colds, viruses, carcinogenic cells, cancers, arthritis, etc.

So, how do we build a healthy immune system? How do we keep it strong? How can we fight colds and flu?

Stay as stress-free as possible

Although it's easier said than done, keeping stress under control is essential for a healthy immune system. Breathing Exercises, yoga, meditation, writing your thoughts down in a journal are all great ways to manage stress.

Get enough sleep

Getting enough sleep is essential for a healthy immune system. When we sleep, the immune system is reinforced and replenished. Even one night's sleep loss can significantly suppress the immune system.

Eat nutritious foods

"You are what you eat." Health eating is absolutely essential for optimum immune function. Your diet should include fruits, vegetables, nuts, seeds, whole grains, organic meats, wild fish, legumes and water. Eat these 80% of the time then you will be well on the way to a fighting off illness.

Avoid "unhealthy" foods

Sugar and overly processed foods are foes of the healthy immune system. One table spoon of sugar suppresses the immune system for up to 4 hours. Other unhealthy foods include those containing trans-fats, fried items, processed meats, and baked goods made with white flour such as bread and cakes. A good rule of thumb is the longer the shelf life the worse a food is for you

Get some exercise

Exercise is a wonderful immune booster and good for virtually every part of you! A program of regular, exercise (combination of weight and aerobic training) relieves stress and makes it easier for you to sleep at night. But make sure you give yourself time to recover after each training session otherwise you will risk overtraining and a weakened immune system.

Avoid cigarettes , limit Alcohol consumption

Cigarette smoke (inhaled or second hand) is saturated with toxic chemicals. Alcohol consumption interferes with a variety of immune defenses. Both of these negatively impact immune response.

Get some rays but avoid excessive sun exposure

The sun helps your body produce vitamin D, a vital factor in a healthy immune system. But don't over do it and get burnt as this is one of the best ways to damage your immune system.

Avoid exposure to pollutants and toxic chemicals

Pollution is a major factor in immune suppression. Unfortunately, toxic chemicals are everywhere around us. Become informed! How many toxic chemicals do you have under your kitchen sink?



"You've become run down from working too much. Try sneezing on your boss."

King West Centre

141 King Road, Suite 10, Oak Ridges, ON
(905) 773-2225
www.RNCPrita.ca

2 Locations

Available

Healthy & Fit

110 Nashville Road, Suite 106, Kleinburg, ON
(905) 893-3337
www..HealthyandFit.ca

Immune Building Foods

Vitamin A

Carrots, spinach, turnip, kale, parsley, mustard greens, calf's liver, colard greens, sweet potato, cantaloupe and winter squash

Vitamin C

broccoli, bell peppers, kale, cauliflower, strawberries, lemons, mustard and turnip greens, brussels sprouts, papaya, chard, cabbage, spinach, kiwifruit, snow peas, cantaloupe, oranges, grapefruit, limes, tomatoes, zucchini, raspberries, asparagus, celery, pineapples, lettuce, watermelon, fennel, peppermint and parsley.

Vitamin E

mustard greens, swiss chard, sunflower seeds, and turnip greens, almonds, spinach. Kale, papaya and olives

Zinc

Cow's Liver, crimini mushrooms, spinach, beef, summer squash, asparagus, venison, broccoli, sesame seeds

Minestrone Soup

- 1 tbsp. extra virgin olive oil
- 1 large onion, diced
- 2 carrots, peeled and diced
(excellent source of Vit. A)
- 2 stalks celery, diced
(excellent source of Vit. C)
- 2 sweet potato, peeled and diced *(excellent source of Vit. A)*
- 1 cup kale, chopped *(excellent source of Vit. A & C)*
- 7 cups vegetable stock
- 1 16oz can organic mixed beans, drained
- 2 zucchini, chopped and diced *(excellent source of Vit. C)*
- 1 cup swiss chard, chopped *(excellent source of Vit. E)*
- 1 cup crimini mushrooms, sliced *(excellent source of Zinc)*



In a large pot heat olive oil over medium heat. Add onion, carrots, celery and cook until vegetables appear slightly golden. Add sweet potatoes. Stir occasionally to prevent burning, for about 20 minutes.

Add vegetable stock, and the zucchini. Bring to a boil and lower heat to low/medium, occasionally stirring. Cover and simmer for 40 minutes or until the vegetables are tender. Stir in drained mixed beans, swiss chard and mushrooms and cook for 15 minutes longer.

Building a Healthy Immune

This workshop is all about prevention!

Learn easy strategies to boost, balance and protect your immune system through diet, exercise and supplementation!

Location: Loblaws Superstore– Newmarket
(Yonge & Greenlane)

Date: Wednesday, October 24th

Cost: FREE

Time: 7pm to 9pm

Registration: (905) 930-4072 or
rita@rncprita.ca

Cooking with Rita

FUNDAMENTALS OF HEALTHY EATING

Saturday, October 27th

Price: \$ 50 including dinner
Time: 7pm to 9 pm

Location: Markham

Register by phone or email

rita@rncprita.ca or 416-312-7617



Vegetable Bean & Barley Soup

Oven Baked Chicken Parmesan

Fennel & Watercress Salad

Banana Cake