

How to boost your immune system and fight off Covid19/Coronavirus as well as you can

Simple Ways to Boost Your Immune System:

Drink plenty of water

- oxygenate your cells so they can work at their best to guard against bacteria and viruses
- It also keeps your body temperature regulated and supports your body to keep producing mucus, which is vital for removing the germs from our body.
- All chemical processes in the body require water.
- We are 70% water so replacing it is important at all times, but even more so when we are unwell.
- Aim to drink at least one litre a day plus your usual hot drinks. Warm water is even better.

If you drink alcohol reduce this to one unit per day or less

- Macrophages are the amoeba-like cells that fight infections by enveloping them.
- - Alcohol reduces the ability of macrophages to do their job.
- There are alcohol-free options instead, like tonic with lime and ice, or iced tea, alcohol free beers or wine. The herbal alternative Three Spirit and tonic is delicious or why not have a herbal or Green Tea? See recipe combining with lots of super immune enhancing ingredients.

Eat more Alkaline foods: all the colours of fruit and vegetables, good fats including omega 3 & reduce saturated fats & meat :

- By consuming a variety of different colours, you introduce a huge number of micronutrients and minerals into your diet.
- This helps to support your immune system by creating a more alkaline pH level in your body rather than an acidic one associated with inflammation and diseases like rheumatoid arthritis, Type II diabetes, heart disease and strokes.
- Fruit and vegetables are generally alkaline and improve the function of your immune system.

Our body is designed to be Alkaline - the pH of 7.365 which is slightly alkaline.

Our body will maintain this however it can to regulate our temperature and our homeostasis. Without a buffer of alkaline foods coming in it will take the necessary alkalinity from our bones if we eat and drink too much acid foods and drinks. If we have to continuously draw on our alkaline stores in the bones of calcium then osteoporosis will begin. Diet, stress, emotions and no exercise also contribute to

acidity in the body. Fresh, raw foods like salads and omega 3 oils, nuts seeds, pulses and whole grains.

Reduce certain foods:

- sugar, meat, chips, crisps, sweets, cakes, sweet fizzy drinks, coffee, alcohol, Trans fats found in processed foods.

-Plus if you heat olive oil over the high setting that changes to a trans fat. Coconut oil is better for cooking as it does not change to a trans fat and is super at fighting viruses and for your brain!

Change the ratio of your diet to be 70% alkaline to 30% acidic:

Alkaline 70%

fruit and vegetables
coconut oil
butter in OK in moderation
olive oil (low heat)
Beans, pulses
Nuts and nut milks

Acid 30%

smaller portions of organic protein
organic meat, fish, dairy produce
Coke, fizzy drinks, coffee, alcohol
less pasta, potatoes and bread
partry, pizza, takeaways

You can find more information at energiseforlife.com where you can view an acid/alkaline food chart.

First stage: start easily by adding green salad to 2 meals a day, drinking glasses of water regularly and starting the day with hot water and lemon slices instead of tea.

Examples of particularly helpful fruit and vegetables for the immune system:

- a. **Water melon** – citruline for your heart function, Vits ACB6 and lycopene all support immune system.
- b. **Citrus fruit** - lemons, oranges, limes etc.
- c. **Broccoli, kale, cauliflower, spinach** – these can all be stir fried or best of all chopped finely/grated, ground in a food processor (broccoli and caulifower) or torn into pieces and massaged with olive oil and eaten raw. Recipe to follow.
- d. **Ginger** – anti-inflammatory. Try adding it to recipes grated and gently fried in with onions or garlic, or infused in just off the boil water with lemon slices and maybe a teaspoon of local honey.
- e. **Garlic** - cooked or raw boosts T-cells in blood to fight viruses. Add to stir fries, dressings for salads and in cooking.
- f. **Turmeric (curcumin)** – available as a fresh root or more readily as dried powder. It can also be taken as a supplement in capsule form. Add a pinch of pepper and a drop of oil to activate it even more, for example in a curry. It has very anti-inflammatory properties great for

our lungs. Do not use if you are on statins, taking anti diabetes drugs to lower blood sugar levels, if you are iron deficient or have gallstones or bile obstruction.

- g. **Chillies** – contain vitamins A and C and boost the immune system.
- h. **Red, orange or yellow Bell peppers** – Support mucosal membranes which act as barriers to viruses in the lungs and elsewhere in the body.
- i. **Shitake mushrooms** powerfully increase sugars called polysaccharides that increase white blood cells.
- j. **Good Fats: Coconut oil** contains lauric acid that is antiviral. Does not change to a trans fat when heated on high as other oils do.

Good Fats include:

- Omega 3's in oily fish – salmon, herrings, sardines and trout.

Flaxseed, walnuts.

- Omega 6's in vegetable oils as long as they are not cooked on high.

Walnuts, sunflower seed, pumpkin seeds, tofu and soy products ethically grown.

- Monounsaturated fats in avocados a superfood, almonds, cashews, peanuts, pecans, pistachios and peanut and almond butter.

- k. Foods with **zinc** support the immune system break down proteins in viruses to stop them spreading. such as prawns, meat, dairy, eggs, whole grains, seeds, beans not all alkaline but can be part of your allowance per meal. Zinc boosts immune system.

- l. **Fermented products such as:**

Kefir, kombucha, fermented pickles, live sauerkraut and Apple Cider (with the mother) Vinegar contain good probiotic bacteria which are excellent to support your gut biome.

- This is where 95% of the body's supply of **serotonin** is produced which is the hormone that influences both your mood and your gut activity. This hormone is the **happy hormone** which acts as a natural anti-depressant! Balancing out the stress hormones: cortisol and adrenaline.

- **The gut biome produces white blood cells for your immune system.**

- These products are widely available these days even in supermarkets.

- The gut is our second brain scientists have discovered fairly recently. It is very implicated in our mental health and recovery from illness. So, also useful is anything that stimulates the gut biome to work such as **core exercises** that stimulate that area - beneath your umbilicus (or tummy button). Also breath of fire.

Tapping on the thymus gland - This is in the centre of the chest in the hollow above your breasts and sternum. Gently tapping this point stimulates production of the T-

cells (killer cells) that fight infections. These cells are produced less frequently in the over 65s. The vibration caused by tapping releases the cells into the bloodstream.

Deep breathing into your belly, filling your lungs right down to the bottom, pushing you diaphragm down and pushing your belly out and then breathing out for a little bit longer will activate the vagal brake and reduce your stress hormones. Do this for 3 minutes and feel the difference. You may like to start lying down, or reclining as it's easier to feel your tummy pushing up due the diaphragm being pushed down. It is not shallow, upper chest breathing but full lung capacity which is essential to remove toxins from the lungs as well. Many people breath very shallowly in their upper lungs. Practise deeper breathing at least once a day to help reinstall this habit.

Exercise – This helps to keep your blood pressure healthy and your heart. Good circulation enables your body's immune system to work more efficiently by pumping the blood and lymph and thus the white blood cells around the body to remove the toxins and invaders. If you can't go out, march up and down to pump the lymph through your system. Flex your feet and hands and rotate. Seated exercise classes are available on line.

Yogioline has incorporated Polyvagal Therapy within her sessions for stress reduction and improving our immune systems – a very helpful and enjoyable yoga experience that can be done seated and is not over demanding on space.

www.yogionline.co.uk

Sleep – Good sleep really helps your immune system: when you sleep cytokines are released that are involved in rest and repair to destroy viruses and to remember them for the future.

Try switching off mobile devices an hour before bed, reading a book or taking exercise during the day to improve sleep.

Brilliant Books:

Dale Pinnock

The Medicinal Chef
Healthy Everyday

Also Dr Rangan Chatterjee:

The 4 Pillar Plan
Feel Better in 5