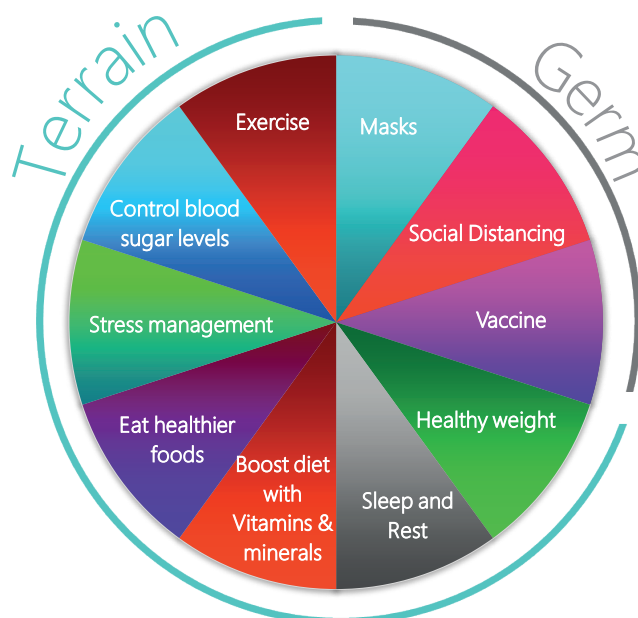


"Beyond the Mask" Takeaways

Optimising your Immune System webinar, February 2021

"It's not just about the germ, it's about the terrain"



The Two Divisions of the Immune System

Innate Immune System: Physical barrier, chemical barrier

Adaptive Immune System: Antibodies, infection memory, vaccinations

A strong innate immune system offers the best protection!

How to support your innate immune system



Cells

Support the cell membrane: Healthy fats (avocado, nuts, seeds, fish, olives); Choline (eggs)

Protect the cell: Antioxidants (colourful fruits and vegetables)

Feed the cell: Phytonutrients (plants: fruit and vegetables); Inositol (wholegrain or wild rice); Water



Mucus

Repair the mucous barrier: Gelatine and collagen (bone broth); Anti-inflammatories (herbs and spices: turmeric, ginger; aloe vera); Mucilage foods (aloe vera, flax seeds)

Maintain the mucous barrier: Vitamin D (sunshine); Vitamin A (eggs, liver, sweet potato, orange and yellow vegetables); Zinc (seafood, pumpkin seeds); Fibre (fruits, vegetables and whole grain)



Bacteria

Eat bacteria: Probiotics (unpasteurized fermented foods: apple cider vinegar, sauerkraut, yogurt, kimchi, miso, tempeh, and Kombucha)

Make more bacteria yourself: Prebiotic (Jerusalem artichokes, garlic, onions and leeks, savoy cabbage, chickpeas, lentils, kidney beans, soya beans, banana, oats, almonds, pistachio nuts, flaxseeds, asparagus); Phytonutrients (colourful fruit and vegetables); Fibre (fruits, vegetables and whole grain)



How to Build A Strong Immune System



**"Eat food,
not too much,
mostly plants"**

Michael Pollan, food writer

Eat the rainbow (phytonutrients)

Orange/yellow:

Carrots
Sweet potato
Squash
Banana

Red:

Tomatoes
Apples
Raspberries
Beetroot

Blue/purple:

Berries
Aubergines
Prunes
Figs

Green:

Avocado
Broccoli
Cabbage
Pears

White/brown:

Cauliflower
Coconut
Mushrooms
Tahini

Eat more fibre: Feeds healthy bacteria; Helps maintain mucus; Makes you feel full longer; Binds toxins to protect cells

Eat at the right time to support your immune system: Intermittent Fasting stimulates the body's cleaning process; Worn out parts of cells are recycled; Waste products and toxins are removed. We recommend 16:8 – Restricting your eating window to 8 hours, with a 16 hour overnight fast (*note: this is not suitable for everyone*).

Foods that harm your immune system: Sugary foods and drinks; Highly processed foods; Bad oils/trans fats; High sodium (salty) foods; Additives and colourings; Excessive red meat



When you're asleep your body creates immune cells that fight infection

Good quality sleep is all about light, rhythm and melatonin

Think about light from screens and prepare for bedtime routine

Supplements can help boost melatonin: Montmorency cherries, Zinc, B vitamins, Magnesium, Essential fats, Hops



Breathing helps to reduce stress. Stress releases cortisol. Too much cortisol suppresses immune cells (adaptive). Cortisol also damages your mucus barrier. Stress is normal (it can be healthy), chronic stress is not.

Take steps to reduce stress: regular breath work practice (like square breathing), meditation, grounding, being in nature.

Supplements can reduce the impact of cortisol: Essential fats, B vitamins, Magnesium, Adaptogenic herbs, L-theanine



Move more than you did yesterday

**Suggested nutrients to turbocharge your health
for prevention, infection, and recovery:**

Vitamin A, Vitamin C, Vitamin D, Zinc, Quercetin, Glutathione