

# Virus Protection

## DIETARY TIPS TO HELP SUPPORT IMMUNITY



### Fresh Real Foods & Super Foods

Unprocessed organic foods, where possible, also a balance of raw and cooked foods. Super foods help to detoxify the body, so include raw cacao, maca, spirulina, chlorella, wheat grass, barley grass, berries like goji berries and blue berries.

### Fibre

Vegetables - aim for 5 cups of raw vegetables per day, avoid starchy vegetables like potatoes, carrots, corn, sweet potato, etc.

Fruit - limit to around 2 pieces of fruit daily and aim for lower GI types like blueberries, apples, pears, pineapple.

Psyllium, chia seeds, rice bran, or LSA (ground linseeds, pepitas, almond and sunflower seeds)



### Fermented Foods

Promote beneficial bacteria in the digestive system, which accounts for up to 80% of immune function. Good sources include miso in the unpasteurised form, dairy or coconut water kefir, good quality yoghurt (use organic milk where possible or coconut milk) and fermented vegetables e.g., kimchi, sauerkraut.

### Bone Broths

To nourish the bones and joints and heal the digestive tract. Great starter for soups.



### Fluid intake - Water

Adequate hydration is essential to promote detoxification and maintain healthy cells, kidneys and joints. Aim for at least 2 litres daily of filtered or spring water. Avoid tap water;

### Fat Requirement - Good sources include:

- Omega 3 from deep sea fish eg wild barramundi, snapper, trevally, mullet, flathead, organic salmon.
- Seeds and nuts eg chia seeds, flaxseeds, almonds, cashews, walnuts, hazelnuts, etc.
- Cold pressed oils eg extra virgin olive oil, avocado oil, coconut oil etc.



### Tea, Juices & Smoothies

Teas - Green tea preferably organic 3 to 4 cups daily. To aid digestion try tulsi tea, peppermint, fennel, and aniseed. To aid detoxification try chai green tea, liquorice, lemon balm, dandelion or burdock root.

Juices & smoothies - containing beetroot, celery, carrot, ginger, lemon, limes, kale, spinach, cucumber, cabbage, pears, green apple, rocket, broccoli, parsley.

### Sea Vegetables

Contain essential minerals for adequate thyroid function, so try including wakame, kelp, bladderwrack, sea weed and kombu. These may be added to soups and stews or eaten as snacks.



*For a tailor-made immune supporting program contact Terrie*

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