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“Reclaim, Restore & Replenish Body Mind & Spirit”
Vital Link Wellness Centre in Grimsby (289) 235-8200

Customized Naturopathic Immune Programs

Influenza

Prevent
the
Spread

Call Vital Link Wellness Centre at the above # to book your half hour **immune health appointment** to review how your immune system could be optimized, whether you choose to get a flu vaccine or not. This consult includes an individualized diet, nutritional and herbal supplementation plan. All of this is customized according to the individual; we will choose immune recommendations that simultaneously address other areas of your health.

Naturopathic Doctors Can Help find out how...

Naturopathic Doctors are provincially regulated primary health care providers. Visits to NDs are covered by most workplace health benefit plans. NDs work from the understanding of the human body's natural ability to respond to viruses that attack it, but that sometimes these defenses can be weakened and require additional support. NDs use natural substances with scientific research demonstrating their ability to fight viral infections and to optimize the immune system.

SUPPORTING YOUR IMMUNE SYSTEM

It isn't your exposure to a virus that determines your health; it's your body's ability to handle the exposure that's important. A strong, effective immune system is one that is primed and ready to attack and destroy foreign pathogens, reducing your risk of illness as well as reducing the severity of illness if you do get sick.

Be proactive Book a prevention appointment to determine what to keep on hand and how to use alternatives to pharmaceuticals to support your immune system. Everyone is different and there are many ways to support the immune system naturally. Individualized treatment plans help you achieve the best results.

It takes guts A strong immune system relies heavily on having a strong foundation in the gut; the highest proportion of immune cells are located within the gastrointestinal (GI) tract. A strong digestive tract ensures that your body is able to absorb needed nutrients so that you have the building blocks needed for a strong immune system.

Both feet on the ground Remember that stress and worry can depress your immune system by lowering the levels of white blood cells (the active cells of the immune system) in your body. We all lead busy and stressful lives, and while it's not possible to avoid all stress, it is important to find a way to achieve balance.

Address imbalance Sometimes the body is just out of balance from stress, chronic health conditions or poor diet, making us vulnerable to illness. Book a comprehensive naturopathic consult to assess your imbalances. Often once these are cleared, so are symptoms and future illnesses.

IMMUNE BOOSTING RECIPES:



Flu Proofing Garlic and Lemon Tea

Garlic is a potent anti-microbial. Straight garlic is too spicy for children (and most adults), but try this garlic and lemon tea to keep the flu at bay. Parsley deodorizes the garlic, and contributes a little Vitamin A for immune strengthening.

1 small garlic clove, finely minced and mashed with
1 tsp honey
Juice of 1/2 lemon
1 tsp peppermint leaves
1 to 2 tsp finely minced parsley leaves

Put the garlic mashed with honey (the garlic should almost disappear) into a teacup with the lemon juice. Put leaves in a strainer and pour boiling water over it into the cup. Cap the cup with a saucer and let the tea steep for several minutes. Remove the saucer and strainer.

Immune Boosting Soup

During the flu season, you can use this basic recipe as an immune-boosting foundation. Experiment with what's in your pantry; add vegetables &/or beans you & your children enjoy. You can find Astragalus root in your local health food store, or Chinese grocer.

4 dried or 2 fresh Shitake mushrooms (immune stimulant)
1 large Onion, chopped (antibacterial, antiviral)
4-8 cloves Garlic, minced (antibacterial, antiviral)
2 tbsp ginger, grated (anti-inflammatory)
2 Tbsp Olive oil
8 cups Water or organic chicken broth
4 or 5 Astragalus root sticks (immune support, antiviral)
6 cups vegetables, cut into bite-sized pieces (good choices are carrots, celery, potatoes, squash, tomatoes, green beans, and zucchini)
1 pound firm organic chicken or organic tofu, cut into small cubes (protein source)
1 cup brown rice elbow or macaroni pasta, quinoa, millet or barley pearls (fiber source)
1/4 cup fresh parsley, finely chopped
1/4 cup fresh basil, finely chopped
1 fresh lemon, juiced

Soak the mushrooms in a cup of hot water for 10 minutes while preparing the soup. Sauté onion, garlic and ginger in oil in a large stockpot until softened. Add water or stock and astragalus and bring to a boil. Slice mushrooms and add with their soaking liquid. Add vegetables, pasta and protein simmer on low, covered, for 20 minutes. Remove from heat, add the lemon juice, basil and parsley. Cover and steep, off the heat, for 5 minutes. Remove astragalus sticks, eat and enjoy!