

A collection of lemons and lemon slices scattered on a white surface. There are several whole lemons and several slices cut in half, showing the internal segments. The lemons are bright yellow and appear fresh. The slices are arranged in a way that they seem to be falling or scattered around the text.

# IMMUNITY BOOSTING KITCHEN

Your Guide  
to Using  
Food as Medicine  
to Boost your  
Immune System

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# IMMUNE-HERO NUTRIENTS

## Vitamin A

This fat-soluble vitamin is needed for immune function and can help defend the body against viral and bacterial infection.

**VITAMIN A RICH FOODS:** Animal/cod liver, butter, ghee, and egg yolk. Pre-vitamin A can be found in green and orange vegetables and orange fruits, such as cantaloupe, kohlrabi, Chinese cabbage. Your body can convert this to vitamin A (if there are no factors preventing this from occurring).

## B Vitamins

Several B vitamins (B1, B5, B6, Folate & B12) are needed in good amounts for efficient immune function. B vitamins are especially important if stress or exhaustion are a trigger for a cold or infection.

**B VITAMIN RICH FOODS:** Sunflower seeds, chicken, salmon, peas, broccoli, mushrooms, avocado, oatmeal, beans, eggs, bananas, tomato, green leafy veggies, dairy, whole-grains, nuts and animal products (B12).

## Vitamin C

Vitamin C boosts and supports your natural immune function in several ways, which is why this nutrient should be the top of your list! Best obtained from raw or lightly cooked fruit and vegetables.

**VITAMIN C RICH FOODS:** Kiwi fruit, citrus fruit, capsicums, pineapple, broccoli, cantaloupe, berries, sweet potato, sauerkraut and rosehips.

## Vitamin E

Vitamin E is a fat-soluble antioxidant that can increase white blood cell function (white cells are your immune system's soldiers), and also increases the antibody response of your body to invading pathogens which can act to reduce the duration and severity of any infection.

**VITAMIN E RICH FOODS:** Almonds, sunflower seeds, egg yolk, hazelnuts, pecans and avocado.

## Selenium

A powerful antioxidant mineral that is needed for immune function.

**SELENIUM RICH FOODS:** Grass-fed dairy and butter, garlic, seafood, legumes, alfalfa, onion, garlic (only if grown in selenium-rich soil)

## Vitamin D

One reason we get sick more frequently in Winter is due to the significant drop in our vitamin D production due to less exposure to sunlight.

**VITAMIN D RICH FOODS:** Small amounts are available in oily fish, butter, eggs, mushrooms - but the best source is our body's production via the skin from sunlight. Even in colder months, try to get 15 minutes of sunshine on bare skin daily.

## Iron

Iron is needed for red blood cell and white blood cell function. These are both essential to efficient immune system function.

**IRON RICH FOODS:** Spinach & leafy green vegetables, parsley, peas, fish, seafood, red meat, chicken, mushrooms, legumes, apricots, avocado, almonds. TIP: Pair with vitamin C rich foods for better absorption.

## Zinc

This important mineral is needed to support several key immune responses, as well as being needed for maintaining your gut health and supporting proper wound healing.

**ZINC RICH FOODS:** Oysters, seafood, meat, leafy greens, seeds, nuts, legumes.

## Quercetin

This nutrient is anti-inflammatory and acts as a powerful anti-histamine and anti-allergic substance. Boosting this nutrient is especially useful if there is an allergic-type (atopic) immune response, e.g. runny eyes, nose, itchy throat, or history of asthma, eczema or hay fever

**QUERCETIN RICH FOODS:** Apples, onions, dark coloured berries, cocoa, citrus fruit, broccoli & cauliflower, red onions, asparagus, buckwheat and olive oil.

**TOP  
13  
IMMUNE  
FOODS**

**Mushrooms**  
**Garlic**  
**Ginger**  
**Lemon Juice**  
**Manuka Honey**  
**Blueberries**  
**Pineapple**  
**Water**  
**Herbal Teas**  
**Broths**  
**Leafy greens**  
**Apples**  
**Carrots**



# WHAT THINGS REDUCE YOUR IMMUNE FUNCTION?

## **SUGAR & PROCESSED FOODS**

Eating or drinking too much sugar or processed carbohydrates (e.g. white breads, muffins, cookies, cakes, pastry) can make a huge negative impact on your body's ability to mount an immune response. In fact, 8 teaspoons of sugar a day can reduce the white blood cells ability to kill germs and other pathogens by 40%!

## **ALCOHOL & COFFEE**

Alcohol and coffee can deplete the body of many nutrients, majority of which are essential to good immune function. Unfortunately, detoxifying your body of the 'poison' (i.e. alcohol) takes priority. Therefore, when drinking alcohol, the function of your immune function comes in second place and this can leave your body vulnerable to infection.

## **FOOD INTOLERANCES**

If your immune system is busy attending to a perceived attack by foods that it views as 'potentially harmful', which is what happens in the case of food intolerances to things such as dairy or wheat, then it may be too tied up to deal with true foreign invading pathogens, such as viruses and bacterial infections. Food intolerances can also cause inflammation in the gastrointestinal tract, which can lead to a situation known as 'leaky gut'. This can also further impair your immune responses.

## **STRESS AND EXHAUSTION**

Nutrients, such as B vitamins, zinc and vitamin C, are in high demand in times of stress and fatigue. Your adrenals and neurotransmitters use these vitamins, so when demands are high, these important nutrients are less available to the immune system to utilise. Rest, relaxation and restorative sleep are essential to recovering from any illness. There are no two ways about it!

## **POOR GUT HEALTH**

It may seem strange, but the health of your gut and digestive system can largely influence how well your immune system functions. The basic truth is, if you have gut issues, you are more prone to illness; especially autoimmune and allergic (atopic) type reactions.

Good gut health is also important to breakdown and absorb the nutrients in your food. These processes are also needed for good immune function because, as we explained previously, there are many key nutrients that our immune system uses when it mounts a response against invading pathogens. For example, low iron levels are often result of poor absorption in the gut and people who are deficient in iron are often more prone to illnesses and infections.

# IMMUNE-BOOSTING DRINKS

Keeping your fluid levels up when sick, or even to prevent illness, is extremely important. The body needs water to help it remove waste from the body and to transport minerals in and out of your cells. Even small levels of dehydration can cause significant problems and interfere with how our body operates.

When the body lacks water it has to work twice as hard to get oxygenated blood to the cells. This can result in the organs and us feeling fatigued and exhausted.

**Herbal teas are a wonderful way of boosting your daily intake of water.**

Fresh ginger and lemon tea is warming, anti-inflammatory and has a number of immune boosting properties. Ginger can also reduce nausea and boost digestion.

Thyme leaf tea is antibacterial, which can be useful if there is a sore throat or suspected infection. Use a good quality Manuka honey to sweeten your teas, as this has added antimicrobial effects and can soothe sore throats. Warm infusions can also be soothing when the nose or sinuses are blocked.

Fresh vegetable juices and dairy-free smoothies are also ideal for daily immune boosting activity to prevent illness and support immune function.

## ANTI-GERM BREW

- 2 cups filtered water
- 2 lemons, quartered
- 1 entire bulb of garlic (turn the bulb onto side and cut in half, splitting each clove)
- 1/4 cup apple cider vinegar
- 2 cm piece fresh ginger, grated
- 1 cm piece of fresh turmeric root, grated
- 1 tablespoon dried/fresh thyme leaves
- A pinch of cayenne pepper
- Manuka honey to taste



Makes 2 cups.

Into a pot place the water, lemons, garlic, apple cider vinegar and cayenne pepper.

Cover with a lid, bring it to the boil, then simmer for 12 minutes.

Add the ginger, turmeric root & thyme and simmer, lid on, for another 3 minutes.

Strain the mixture, and drink as hot as is comfortable and safe.

# IMMUNITY JUICE

- 2 cm piece of fresh ginger
- 1/2 lemon
- 2 apples
- 2 carrots
- 1 beetroot (fresh)

Process in a juicer. Drink throughout the day.

This juice provides a good combination of antioxidants, vitamins and minerals to support your immune system.

# DAILY-LYMPH SMOOTHIE

- 1 banana
- 1 cup of blueberries or other dark coloured berries
- 1 cup of leafy greens
- 3/4 cup of coconut water
- 1 tablespoon chia seeds
- 1 teaspoon hemp seed powder
- 1 teaspoon spirulina powder

Process in a blender. Drink during the day in two serves.

This juice provides a good combination of antioxidants, vitamins and minerals to support your immune system. This combo will also enhance lymphatic circulation, which is very important to good immune function!

# SNIFFLES TEA

- Yarrow, Elder & Peppermint Herbal Tea loose leaf blend (ie.. Y.E.P. Tea) from health food store
- Add in a pinch of fresh thyme leaves
- A thin slice of fresh ginger root
- A small squeeze of fresh lemon juice
- A tiny drizzle of Manuka honey, to taste

Place loose leaf tea leaves and thyme leaves in an infuser and add 1 cup/mug full of boiled water. Steep for 5 - 10 minutes. Add the ginger slice, lemon and honey. Stir and sip.

# BREAKFAST

**A fresh, nutrient packed breakfast will set you up for the day ahead. Breakfast often sets the tone for what you will eat for the rest of the day, so make it count! Avoid sweet muesli, cereals and processed carbohydrates (i.e. pastries) or other breads (i.e. muffins/crumpets).**

**If you have a well-balanced meal with fresh veggies, fruit, protein and healthy fats for breakfast, you are less likely to grab something sweet later in the morning because your blood sugar levels will remain more controlled and level.**

**This is important because we know that sugar and refined, processed foods suppress immune function.**

## MUSHY BUCKWHEAT CREPES

This breakfast recipe may look complicated... but once you realise how quick and simple these crepes are to make, you'll be cooking them regularly.

Left-over crepes can be used as wraps for lunches or as a substitute to flatbread/wraps made from wheat.

Buckwheat, which is in fact a seed and does not contain wheat or gluten, is rich in quercetin.

- 1 tablespoon extra-virgin olive oil
- 3 spring onions
- 1 tablespoon butter
- 1 clove garlic, crushed
- 300 grams brown mushrooms (or other mixed mushrooms) quartered or halved - depending on their size
- 1/2 teaspoon ground coriander seeds
- 1 teaspoon fresh sage leaves, finely chopped
- 1 teaspoon fresh rosemary leaves, finely chopped
- 1 teaspoon fresh thyme leaves, finely chopped
- 1 handful rocket leaves
- 1 tablespoon walnuts
- 3 teaspoons fresh ricotta cheese (fresh from deli) or goat feta

**Ingredients and recipe continued next page...**



# MUSHY BUCKWHEAT CREPES (CONT)...

## **CREPE INGREDIENTS:**

- 3/4 cup buckwheat flour
- 2 eggs
- 250 mL almond or coconut milk
- Butter, for frying (from grass-fed cows if possible for better fatty acid profile)

You need a crepe pan or a shallow medium sized frypan.

### **STEP ONE:**

Put the olive oil and spring onions in a medium frying pan and cook over medium heat for a few minutes.

Add the butter, mushrooms, herbs and gently cook for approximately 10 minutes - making sure the herbs do not burn.

Add a tablespoon or two of water to get the mixture a little juicy.

### **STEP TWO:**

Make the crepes while the filling (above) is cooking.  
Combine all the crepe ingredients in a bowl and mix together with a hand whisk.

Melt a little butter in a medium frying pan/crepe pan.  
Pour in a small amount of crepe batter and gently shake the pan so that the mixture evenly distributes across the entire pan - it should be as thin as possible.

Cook until you see bubbles form on the batter surface, then flip the crepe over carefully. Cook a few minutes, both sides. Repeat with rest of batter.

### **STEP THREE:**

To serve, place the crepe on plate, top half with the mushroom filling, top this with rocket leaves or baby spinach, walnuts and some ricotta.

Fold crepe in half.

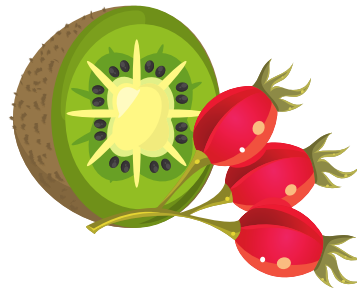
# ROSEHIP & BUCKWHEAT BIRCHER

**Rosehips are particularly high in vitamin C and antioxidants. Buckwheat is rich in quercetin. The combo of these two in this recipes makes this an excellent breakfast to help reduce seasonal allergies or fight off colds.**

**Topping this bircher with kiwi, passionfruit and berries adds sweetness and a large dose of those nutrients that are important to immune health!**

**You need to soak the buckwheat overnight in the rosehip tea, so plan ahead! Find rosehips at your local health food store or online. Serves 2**

- 2 tablespoons dried rosehips
- 80 grams buckwheat groats (raw)
- 1 tablespoon nut milk
- 1/2 cup of berries to serve
- 1 passionfruit
- 1 kiwi fruit, diced
- 2 tablespoons kefir or natural yoghurt
- 1 tablespoon pepitas and sunflower seeds
- drizzle of pure maple syrup if needed to sweeten



Place the rosehips in a small saucepan with 2 cups of water. With lid on, bring water to a simmer for 10 minutes. Cool infusion and strain the liquid into a glass jar/container. Dispose of the rosehips.

Place the buckwheat groats into the glass jar/container with the rosehip infused liquid. Cover and place in the fridge overnight to let the buckwheat soak and infuse.

In the morning, strain the buckwheat groats - reserving any of the liquid.

Put half of the buckwheat mix in a blender, add the milk and blend for 2 minutes or until smooth. Pour the blender buckwheat back into the container with the non-blended buckwheat and stir to combine.

Divide the bircher mix into serving bowls. Top with the fruit. Add a tablespoon of kefir/yoghurt to each serve. Top with the seeds. Use a drizzle of pure maple syrup to sweeten if needed or you can drizzle with the reserved soaking liquid.

# LUNCHTIME

**Soups are possibly the best thing for boosting your nutrient intake and supporting your immune function. They are easy to prepare, simple to reheat, warm you up and can be full of essential nutrients.**

**Warm fluids are perfect when we are sick and there is excess mucous. They keep us hydrated and help to reduce any congestion.**

**Liquid meals are also very easy on our digestive system. The last thing our body needs when it is trying to recover from illness is hard to digest meals!**

## SUPER CHICKEN SOUP

You can make your chicken soup using no stock. Instead, the flavour of this soup comes from simmering the chicken drumsticks in this soup for a good couple of hours over low heat. You could also use a slow cooker and simmer it for 12 - 24 hours if you like. This soup can be frozen.

You don't need to put all the following ingredients in to your soup, leave out or switch ingredients as you please. Use what you have on hand in the fridge or in the vegetable garden.

### STEP ONE INGREDIENTS & INSTRUCTIONS:

- 2 tablespoons extra-virgin olive oil
- 3 bay leaves
- 1 Tablespoon fresh oregano
- 1 Tablespoon fresh thyme
- 1 Tablespoon grated ginger
- 3 cloves of garlic – crushed
- 2 teaspoons of turmeric powder/grated

Pop all the above ingredients into a large soup pot that has some olive oil heated a little over medium heat. Cook, stirring, for a minute.

### THEN ADD - STEP TWO INGREDIENTS & INSTRUCTIONS:

- 1 small brown onion, diced
- 1 small leek, cut in half lengthways and sliced
- 1 half a fennel bulb – diced
- 2 sticks of celery – diced
- 4 chicken legs/marylands – with skin on

Try to brown the chicken a little bit while also sautéing the onion mix. This should take around 3-5 minutes.

Then add three cups of filtered boiling water from the kettle. If you want a stronger flavour, you can use chicken stock.

Pop lid on and bring to boil.

**THEN ADD - STEP THREE INGREDIENTS & INSTRUCTIONS:**

- 1 carrot, diced
- 1 zucchini, diced
- 1/2 head of broccoli (including stalk) diced
- 2 Brussels sprouts, sliced

You can add any other vegetables you like or have in the fridge.

Bring back to boil then reduce heat to simmer and pop on lid.  
Simmer for approx 1 - 2 hours. Meat should be starting to fall off the bones.

When ready, remove drumsticks from soup and put into a shallow bowl.  
Remove skin, and then pick off chicken from bone, placing chicken pieces in another smaller bowl.

You can keep bones and freeze to use another time in making a stock/broth.

Spoon the chicken meat back into the soup.

**THEN ADD - SEASONING:**

- 3 pinches of sea salt/pink salt or dulse flakes
- Grinds of black peppercorns
- Chopped parsley or other fresh herbs to taste

# CARROT CORIANDER SOUP

**Orange vegetables, such as carrots, contain high amounts of beta carotene. This is a phytonutrient that can be converted in the body to vitamin A.**

**As we discussed earlier, vitamin A is essential to immune health. It is also a very important nutrient for gut healing, and the health of our gut is necessary for excellent immune function.**

**Vitamin A is a fat-soluble vitamin, so it requires healthy dietary fats to be properly absorbed by our body. This recipe has a drizzle of flaxseed oil to the soup, added after serving.**

**Cold-pressed flaxseed (a.k.a. linseed) oil is rich in omega 3 fatty acids, which are anti-inflammatory.**

- 1 kg carrots, washed and chopped into chunks
- 2 tablespoons extra-virgin olive oil
- 3 cups of filtered water or vegetable stock (or a mix of both)
- 1/2 bunch of coriander - washed well & leaves and stalks chopped
- 1 onion, diced
- 2 cloves garlic, crushed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 teaspoon ground turmeric/ fresh grated turmeric
- 1 teaspoon grated fresh ginger
- Pinch of sea salt/pink salt or dulse flakes
- Few grinds of black pepper
- 1 tablespoon cold-pressed flaxseed oil per serve



In a large stock pot or saucepan, place the water or stock along with the carrots and bring to the boil.

Reduce to a medium heat and simmer for 20 minutes, or until carrots are tender.

Meanwhile, heat a medium-sized frying pan over medium high heat. Add the olive oil. Add onion and sauté until softened and caramelised slightly.

Add garlic, ginger, turmeric & ground spices. Stir to combine.

Then add the coriander stems and leaves to the onion spice mix and stir to wilt and combine. Remove from the heat.

When carrot is cooked, add the coriander and spices to the stock in the saucepan. Stir to combine.

Cool the soup and then blend in a food processor or blender, in batches. Serve into bowls and top with flaxseed oil drizzled on top.

# DINNER

**Fill most of your plate with plants and you will be well on your way to a healthy immune system! It is that simple. Get a good variety of different vegetables and eat a rainbow.**

**Add a small portion of easily digested protein, like fish.  
Make sure you chew your food well. Use your evening meal as a way to unwind and relax.  
Eat in a quiet environment and put away your computers/phones  
while also switching off the television.**

## BAKED SPICED FISH

Fresh fish is perfect for supporting the immune system. It is an easily digested protein, it contains minerals, it is anti-inflammatory and can be cooked quickly.  
In this recipe, it is combined with anti-inflammatory herbs and spices.

The biggest obstacle stopping people from eating more fish is not knowing how to prepare it.  
Master this oven-fish dish and you will never worry about cooking fish again.

Serves 2.

- 1 tablespoon fresh grated ginger
- 1 tablespoon fresh grated turmeric (or 1 tsp of ground powder)
- 2 garlic cloves, crushed
- 1 tablespoon tamari sauce
- 1 tablespoon miso paste
- 1 tablespoon almond nut butter
- Juice of 1 lime
- 1/2 bunch of coriander - leaves & stems
- Ground black pepper & sea salt/dulse flakes - pinch
- 2 x 200 gram pieces of white fish fillets (snapper or flat head)
- Salad or roast veg & steamed leafy greens to serve

Pre-heat oven to 180 degrees celsius.

Add the ginger, turmeric, garlic, tamarind, miso, nut butter and lime juice to a food processor and pulse until combined. You can also use a mortar and pestle if you prefer.  
Add red chilli if you like.

In a bowl, add in the coriander and pepper/salt/dulse. Stir to combine.  
Add the fish fillets to the bowl and coat them with the paste and herbs.

Wrap the fish in baking paper. Place parcels in a baking tray and pop in the oven.

Bake for 15 minutes, or until fish is cooked through (open up parcel and cut into centre of piece of fish - it should 'flake' away and no longer be opaque).  
It may take longer if fillets are thick. Serve with salad and/or veggies.

# MUSHROOM CURRY

**Mushrooms make a perfect meat-replacement. They are earthy, full of flavour and will fill you up! Here is a curry recipe that is easy to prepare and contains a stack of immune supportive spices and nutrients.**

**Paneer is a type of cottage cheese used in Indian cuisine. You can leave out if you wish and just add other veggies.**

**It looks like a long list of ingredients, but most of these spices you will probably already have in your spice rack. If not, try them! Spices are an amazing way to add flavour and extra nutritional punch to your cooking.**

- 2 tablespoons extra-virgin olive oil
- 500 grams mixed mushrooms - use a mixture of portobello, Swiss brown, button, shiitake
- 2 garlic cloves, crushed and thinly sliced
- 5 cm piece ginger, grated
- 1 brown or red onion, thinly sliced
- 1 long red chilli, thinly sliced (optional)
- 1 small green capsicum, seeds and core removed and sliced
- 1 teaspoon ground turmeric or 2 teaspoons fresh turmeric, grated
- 1 teaspoon fenugreek seeds
- 1 teaspoon black mustard seeds
- 4 cardamon pods
- 1 & 1/2 teaspoon mild curry powder
- 500 grams ripe tomatoes, roughly chopped (or use 400 gram canned)
- 1 tablespoon mango chutney
- 400 mL can coconut milk
- 1/4 cup raw cashews
- 200 grams of paneer, chopped into cubes
- 1 cup baby spinach leaves or other green leafy veggies
- Cooked brown rice/quinoa to serve
- Fresh coriander leaves and some extra mango chutney, to serve

Preheat the oven to 200 degrees celsius.

Heat half the oil in a large casserole dish over medium heat.

Add mushrooms and cook, stirring, for 5 minutes or until softened and golden.

Add remaining 1 tablespoon of oil, garlic, ginger, onion, chilli, cardamon pods, capsicum & spices.

Cook for a further 2 minutes, constantly stirring, until the spices are fragrant and onion is softened.

Add tomato, mango chutney, cashews and coconut milk and stir to combine. Season.

Bring to a simmer, then scatter the paneer on top.

Transfer casserole dish to oven, uncovered, and cook for 30 minutes or until paneer is golden in colour and the curry has thickened slightly.

Remove from oven and gently stir through the baby spinach to wilt.

Serve with rice/quinoa, coriander and chutney.

# SNACKS

**Don't let sugar cravings ruin all your hard immune-building work! Keeping yourself fuel between meals can prevent you from getting overly ravenous, which is when we are more likely to grab that 'sweet treat'.**

**Having snacks that we can eat while watching a movie or visiting a friend's house can also be a great idea. Delicious and practical!**

**Don't forget the basics either. A small handful of walnuts, a boiled egg, some cucumber sticks or a piece of fresh fruit make perfect snacks.**

**If you feel peckish, but shouldn't be (as in, you've just eaten a meal), try having a glass of water or a warm herbal tea. It is very common for us to confuse thirst for hunger.**

## PUMPKIN & GARLIC HUMMUS

- 650 grams butternut pumpkin, peeled and chopped
- 4 cloves of garlic, skin left on
- 1 tablespoon extra virgin olive oil
- Sea salt/dulse flakes and cracked black pepper to season
- 400 gram can of chickpeas, drained and rinsed well
- 1/2 cup raw cashews (if you want a really smooth dip - soak these in water for a couple of hours first)

Pre-heat oven to 200 degrees celsius.

Roast pumpkin and garlic, drizzled with oil and salt and pepper, in a large baking tray lined with baking paper for 30 minutes.

Allow to cool slightly and squeeze the cooked garlic out of the skins into a food processor. Place all other ingredients in a food processor.

Process until smooth, adding a little water if mixture is too thick.

Store in an airtight container in fridge for up to 3 days.



# SUNFLOWER & SESAME LEMON BLISS BALLS

- 1 and 1/3 cups of sunflower seeds
- 1/3 cup sesame seeds – plus extra to roll balls in at end
- 2/3 cup desiccated coconut
- 4 medjool dates, pitted and torn in half
- 3 Tablespoons lemon juice
- 2 Tablespoons lemon grated zest
- 1 Tablespoon of coconut oil (optional. Depends on how good your food processor is and how much oil your seeds release)

Throw in all ingredients, except for the coconut oil, into a food processor and pulse away!

You need to pulse it enough to process up the seeds so that they release their oils and soften the mix.

If you have a high powered for processor, beware of pulsing it too long... you do not want a butter. The final product should be a little crumbly still.

Once you think it has been chopped up enough, grab a tablespoon-full of mixture and try to squeeze it into a walnut-sized ball.

If it is too crumbly to stick together, add the coconut oil and pulse again until incorporated into mixture.

Roll, roll, roll into a neat ball and then roll into extra sesame seeds or coconut. Whatever tickles your fancy.

Store in a glass jar in the fridge or in a zip lock bag/container in the freezer.





# GROW AN IMMUNE-BOOSTING GARDEN!

## FRESH HERBS TO PLANT:

**Thyme and Sage** - Both make excellent infusions in hot water for a sore throat. Also add them to your cooking.

**Parsley** - Add this to garnish meals in order to add minerals, iron and vitamin C. It also won't hurt your breath after all the garlic you will be consuming!

**Lemon Balm** - A member of the mint family, this herb has antiviral qualities. It makes a lovely tea and you can add it to salads and cooking as you would with mint.

## LEAFY GREENS TO PLANT:

**Baby Spinach** - Have patch of spinach on hand to pick the small leaves and add them you salads, casseroles, soups and stews. You can also wilt these by pouring boiled water from the kettle onto the leaves, and then straining.

**Watercress** - This green vegetable can grow really well in the ground, as it needs a fair bit of water to thrive and survive. To grow in pots, make sure you water it very regularly.

**Chard/Silverbeet** - You will never grow veggies as simple to keep alive as chard! Pick leaves as you need them, shred or wilt and add to anything savoury you serve up.

## GROW A LEMON TREE:

You can get varieties that will easily grow happily in a large pot if you don't have the space in the ground or if you rent.



## IN YOUR NATURAL MEDICINE CABINET...

### **ECHINACEA:**

Tincture or dried herb to make an infusion/tea.

Start taking small, frequent doses as soon as you start to feel like you are coming down with something. You can also take a daily dose to build up your immune system to prevent infection.

### **ELDERBERRY SYRUP:**

Make a syrup using elderberries. This is perfect for children because it tastes delicious. Mix it with the echinacea if you like. You can also make an infusion by steeping some dried berries in hot water for 15 minutes.

### **Y.E.P. TEA:**

Yarrow, Elderflower and Peppermint tea is the best medicine for a fever. These herbs help support a healthy fever - which is one way the body naturally defends itself against invading pathogens. Lemon Balm is another pleasant tasting tea that can be good to sip if you have a fever.

### **RAW GARLIC:**

If you cannot stomach chewing on a raw clove of garlic, try making a garlic compote or oxymel (recipes on next page). Crushing a fresh garlic clove helps to activate its powerful medicinal properties, so make sure you do this before adding it to your food when cooking.

### **EYEBRIGHT TEA:**

Eyebright is a herb that is used to heal the mucus membranes of the upper respiratory system - i.e. the delicate, slippery linings of your nose, sinuses and eyes. Eyebright tea can be especially usefully for any allergic rhinitis, sinusitis or colds where there are runny eyes. Find it in your health food store as a loose leaf tea. Nettle leaf is another good tea for allergies and is highly nutritive.

# GARLIC COMPOTE

- 3 garlic bulbs, cloves separated. Don't peel them, but lightly crush them with the back of a large knife
- 1 cup of cold-pressed extra-virgin olive oil
- 2 tablespoons of apple cider vinegar
- A few sprigs of fresh thyme

## **STEP ONE:**

Lay out the garlic cloves in the base of a saucepan and cover with the oil. Add the apple cider vinegar and thyme sprigs.

## **STEP TWO:**

Gently bring to a simmer over medium heat. Don't let the oil get too hot and burn/smoke.

## **STEP THREE:**

Reduce heat to low setting and simmer for 45 minutes, or until the garlic is soft. Leave to cool.

## **STEP FOUR:**

Transfer cloves and oil to a sterilised jar (a wide jar is best). The oil should cover the garlic cloves completely. Cover and seal with lid.

Store in the fridge and use within 6 months. The oil will thicken in the fridge. Just bring to room temperature before using.

Use cloves in cooking or eat them whole!

# GARLIC OXYMEL

- 1 bulb of garlic - cloves peeled and crushed
- 1 teaspoon fennel seeds
- 100 mL apple cider vinegar
- 2 tablespoon raw honey/manuka honey
- A sterilised glass jar with lid. (sterilise it by boiling in water in saucepan or popping in in the oven for 10 mins)

## **STEP ONE:**

In a small saucepan over medium, gently heat the apple cider vinegar, but do not boil. Do this for a few minutes and then remove from the heat. Strain and discard the seeds. Place the liquid back into the saucepan.

## **STEP TWO:**

Add the honey to the infused vinegar in the saucepan. Warm over medium heat until combined.

## **STEP THREE:**


Add crushed garlic cloves to mixture in saucepan. Warm for another 1 to 2 minutes. Remove from heat and cool a little.

## **STEP FOUR:**

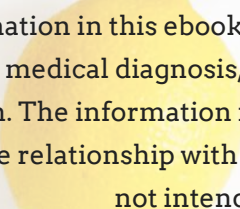
Pour mixture into jar. You can either strain garlic out or keep in the mix. Seal jar and store in the fridge.

## **TO USE THE OXYMEL:**

Take 1 to 2 teaspoons of oxymel as needed. If you are sick/congested, take this more frequently. Will keep in the fridge for 3 months.



**DISCLAIMER:** The author of this ebook encourages you to consult a health professional before making any health changes, especially any changes related to a specific diagnosis or condition.



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