

A close-up photograph of a person's hand squeezing a lemon wedge over a white teacup. The hand is wearing a silver ring. The teacup is on a saucer and sits on a wooden table. The background is blurred, showing a person with long blonde hair. The text is overlaid on the left side of the image.

# BOOST YOUR IMMUNITY

*Natural recipes and ideas*

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Hi, I'm Janey Lee Grace,

When the seasons change it is often difficult to avoid common ailments but boosting your immunity can help to make you less vulnerable and help you fight back more quickly when infection strikes.

Here are some of my top tips and easy homemade recipes to keep your immunity on top form and keep those coughs and colds at bay.

Alcohol is worth a mention as it can be one of the worst toxins to us, and that has a big impact on our immunity, not to mention our skin, sleep, mood etc.

You may know that alongside championing all things natural, organic and holistic, my other passion and project is The Sober Club online community. I always felt there was one important missing piece of the 'holistic health' jigsaw for me and that was ditching the booze. If you are interested in living an alcohol free life and really uplevelling your health then come on over and take a look - [www.thesoberclub.com](http://www.thesoberclub.com)



## Pop a Pill?

It's clear that taking frequent antibiotics will weaken the immune system so it's a great idea to try immune boosting foods and ensure that they have enough of the nutrients they need such as Vitamin C and A. Zinc, iron, and omega 3 (good fats), also important are probiotics and Vitamin D. Unless you're lucky enough to have a holiday home in an exotic place it's unlikely you or your children will be getting enough Vitamin D during the winter months, it's hard to get the amounts we need from foods so I highly recommend an oral supplement to boost your levels - always look at the ingredients - some of the chewable tablets contain artificial sweeteners and flavours.

**I highly recommend the vitamins from Clive De Carle especially the Magnesium Blend** - essential for good sleep, low mood, joint pain et al - Use this link every time you buy and Clive donates to our sober club giveback fund <https://clivedecarle.ositracker.com/315625/11489>

## Sneak in the Superfoods

It's never easy to get superfoods into children but with a bit of creativity you can include foods that have brilliant immune boosting powers, garlic can be 'sneaked' into soups, stir fries, and pasta sauce, along with liquidised dark green leafy veg and even perhaps a tiny amount of seaweed which is high in selenium and zinc. You can also make Nori rolls with the kids with their favourite fillings. Miso can also be added to soups and casseroles. It goes without saying that foods like broccoli and kale are rich in antioxidants and should be part of the diet any which way - if that means making a smoothie and sneaking it in - all good!



**Replace a meal each day with this detoxifying Super Green Smoothie:**

**2 green apples or 2 chunks of pineapple as a base**

**Chunk of broccoli stalk**

**Small handful spinach or kale**

**2-inch piece of cucumber**

**¾ inch of celery (fennel works well too)**

**Half avocado**

Add all ingredients to a high-speed blender and mix!  
Or juice everything except the avocado then add to a blender with the avocado and mix.

**For a winter warming drink, this is fantastic if you feel a cold coming on:**

**1/2 large apple**

**Big chunk ginger**

Juice together and serve in a shot glass to down in one. Whoohah, that is hot! It's amazing for hayfever and colds.



**For a more soothing late-night version:**

**2 apples**  
**chunk lemon**  
**chunk ginger**

Juice together, then add half a cup of boiling water and a spoonful of honey.

### **Get Friendly with Bacteria**

I'm very 'anti the antibacterials' so while washing your hands frequently is important I wouldn't recommend using synthetic chemical hand sanitizer, make sure your cleaning products are 100 per cent natural, in fact you can get probiotic cleaning fluids safe enough to drink!

Make your own hand cleanser using a little castile soap with a few drops of Eucalyptus or Tea tree oil added.

### **Hand Cleanser**

**50ml Castile liquid soap**  
**10 drops pure essential oil of your choice**

Shake it all up and it's ready to use. It will store for a while so you can fill a dispenser bottle. Add almond oil (about 5ml) for dry hands.



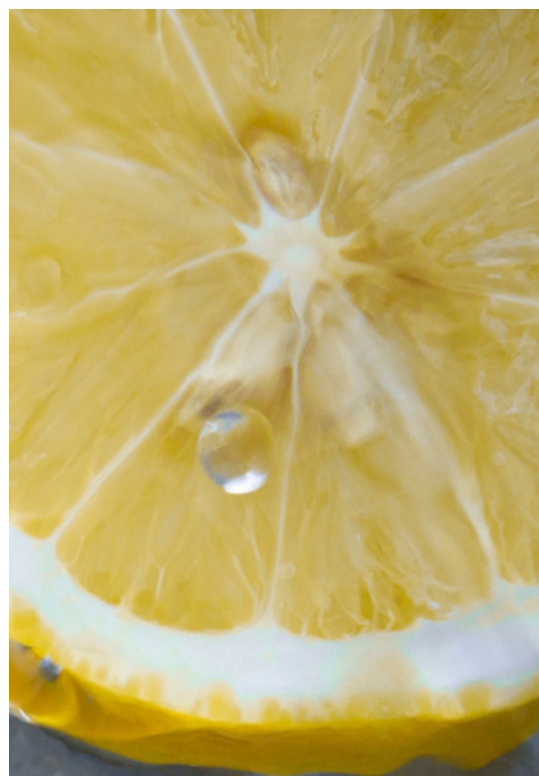
It's easy to clean the house using cheap kitchen cupboard ingredients, bicarbonate of soda is brilliant and an essential, **if you put half a cup of bicarbonate of soda in a washing up bowl of warm water and use a microfiber cloth that will clean most surfaces.** It's great for soaking up odours too and even for stains – mix it with a little water to form a paste and it's good to attack mud, grass and perspiration.

**Eucalyptus oil is great for all oil stains.**

**Glycerine mixed 50:50 with water is a great stain remover for old tannin stains:** tea, coffee, fruit juice etc. Work it in and leave it for 30 minutes before laundering as normal.

**Vinegar is great for cutting through grease, great for making a 'fizzing' solution with bicarbonate of soda for cleaning the loo.**

Vinegar is also fantastic for lino floors – 50:50 hot water and white vinegar brings it up like new (don't use on waxed floor as it can remove the wax!).



Make sure your children are consuming probiotics too. Kids usually love yoghurt (have it with berries) and opt for an organic natural yoghurt that includes 'live and active cultures or bacteria'.

Make sure there is no added sugar! Kefir is even higher in its probiotic value, you can make your own or buy the brilliant kefir drinks such as the Goats milk kefir from Chuckling Goat, mix with berries to sweeten.

### **Make your own kitchen cupboard remedies**

When you or your child has a snuffle don't reach for the medication, instead use these really effective remedies that you can make up easily with natural things from your kitchen, it's a great idea to get stock in ready for winter.

**For a cough** - coat an onion in brown sugar (or better still Tiana Raw Organic Coconut Nectar) leave overnight and the next day strain off the syrup.

**Offer a spoonful of honey with some crushed garlic and drink soothing lemon barley water.**



**For a head cold remember the power of steam,** if your child is very young get a bowl of hot water with a few drops of Tea Tree or Eucalyptus oil, sit with the child on your knee and the bowl carefully placed on a little table or the floor and create a 'tent' with a huge blanket – you can then both safely inhale the steam.

**If you feel a cough or flu symptoms coming on, bathe in a hot bath with Himalayan salt,** after your bath, dry off well, wrap up warm, sip a cup of apple, ginger, lemon and honey in warm water and go to bed with a hot water bottle and a few drops of lavender oil on your pillow.

### **Use Raw Coconut Oil**

**Just a spoonful a day of Raw Cold Pressed Virgin Coconut Oil can have a great effect on your overall health,** as it's rich in lauric acid; one of the main components of breast milk and is made up of caprylic acid, a fatty fat, which contains anti-fungal and antibacterial properties to boost the immune system. Use it in nutritional drinks, in porridge, in cooking, as a spread or straight from the spoon!





## A Daily Apple Cider Vinegar Boost

A number of studies show that Apple Cider Vinegar increases levels of lactobacillus and bifidobacteria bacteria which is beneficial for the lining of the large intestine and great for immunity amongst many other health benefits, especially for blood sugar and weight control. It balances the bodies PH level and is also good for keeping those cold's at bay.

Drink a teaspoon or two in a glass of water and If you don't fancy drinking it, drizzle it over salads.

It can be used as a cleaning agent and also as a hair conditioner for helping with an itchy, irritated scalp; just add 200ml of water to 20ml of cider vinegar, and a few drops of rosemary and lavender oil, and hey ho!

**Laugh a lot!** - It's proven the happier you are the better your immunity, make sure you have masses of cuddles and fun, hole up on a freezing cold day with a family hilarious comedy movie – laughter is the best medicine!

**Janey Lee Grace is the author of 'Look Great Naturally Without Ditching The Lipstick'.**

For more ideas, natural and organic product recommendations, tips and information go to [www.imperfectlynatural.com](http://www.imperfectlynatural.com)

