IMMUNE BOOSTERS & BUSTERS

How can we boost our immune system with food?

1. EAT ANTIOXIDANT RICH FOODS

These are Vitamin C, Vitamin E and beta-carotene (which is 2 vitamin A molecules).

Antioxidants boost immune function. These foods are also rich in antioxidants and help reduce oxidative stress. When we get antioxidants from whole foods rather than from supplements, our body can decide how much it needs and how much it wants to discard.

Vit C & E – help destroy free radicals and support immune response.

Beta-C – increases our production of disease-fighting cells and reduces inflammation.

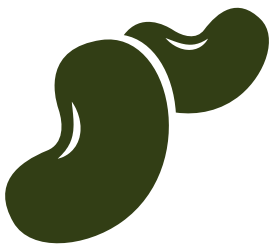
Vit C	Vit E	Beta - C
Oranges	Spinach	Sweet Potatoes
Strawberries	Broccoli	Carrots
Broccoli	Nuts	Mangoes
Lemons	Seeds	Pumpkin
Red Peppers		Dark Leafy Greens

2. VITAMIN D

Research shows that Vit D can reduce the risk for viral infections, including respiratory tract infections. You can get vit D in supplement form and in plant-based milks. Mushrooms are the only plant source of vitamin D. They actually synthesize sunlight into Vit D, much like humans do through our skin when exposed to sunlight.

3. EAT ZINC-RICH FOODS

Zinc is a mineral which boosts white blood cells, which defend our body from invaders. Great sources of zinc are nuts, pumpkin seeds, sesame seeds, beans and lentils.



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The immune system consists of white blood cells, the thymus, the spleen, lymph nodes, lymph channels and gut bacteria. It gives the body immunity from bacteria, viruses, parasites, and tumors.

IMMUNE BUSTERS

LACK OF EXERCISE

Go for a walk about 30-minutes a day. Exercise can also release feel-good chemicals that help us sleep better, too!

LACK OF SLEEP

So important! This is when our body heals and recovers! On average adults need 7-9 hours, typically women need more than men.

SUGAR

Studies show the immune-suppressing effect of sugar starts less than 30 minutes after ingestion and may last up to 5 hours!

CHEMICALS

Chemicals from the environment such as household chemicals, cookware and more can add toxins which inhibit the immune system.

CAFFEINE

Too much caffeine has shown to have immune suppressing tendencies.

ALCOHOL

When consumed in excess, alcohol can reduce the ability of white blood cells to kill germs! It can also suppress the ability of white blood cells to multiply... these are the defenders of our boy who fight disease, viruses, bacteria and other pathogens.

POOR GUT MICROBIOME

Due to a diet low in insoluble dietary fiber. The insoluble dietary fiber produce short-chain fatty acids, which can help prevent inflammation.

HIGH FAT DIET

Too much fat can inhibit our white blood cells' ability to multiply and produce antibodies.

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IMMUNE BOOSTING RECIPES

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MAGICAL MUSHROOM & "CHEEZE" PASTA

- 1 lb Mushrooms (white or baby bella) thick sliced
- ¼ cup Balsamic Vinegar
- 4 cloves minced Garlic
- ¼ tsp ground Black Pepper
- ¼ cup chopped Parsley (flat-leaf preferred)
- 1 lb. cooked Angel Hair Pasta

Cheeze Sauce Ingredients:
2 c. Soy Milk
1 c. Low-Sodium Vegetable Broth
3/4 c. Nutritional Yeast Flakes
3/4 t. Salt
1/2 t. Dried Mustard
1/4 t. Paprika
1/8 t. Garlic Powder
1/16 t. Turmeric
1/4 c. All-Purpose Flour
Black Pepper to Taste

1. Cook pasta noodles according to package directions.
2. Preheat a wide and shallow pan for 3 mins over medium heat. Then, brown mushrooms for 3-4 minutes on each side.
3. After browned, add vinegar, pepper and garlic. Cover and simmer over medium heat for about 5 minutes until all sauce has been absorbed into the mushroom.
4. Combine all ingredients for non-dairy cheese sauce in a 3 qt saucepan. Bring to a low boil and constantly whisk to prevent burning and sticking. Cook and whisk for about 5-7 minutes until sauce is thick.
5. Stir sauce over cooked pasta and toss until combined well. Divide into individually serving bowls. Top with mushrooms and sprinkles of fresh chopped parsley.

TANGY BROCCOLI SALAD

- 4 c. Broccoli florets, cut into bite-size chunks
- 2 Carrots, shredded or grated
- 2 Tbsp Agave Nectar
- 1 Tbsp Dijon Mustard
- 1 Tbsp Rice vinegar
- ¼ cup Walnuts, chopped
- ¼ cup Dried cherries
- 1 Tbsp Sunflower Seeds

1. Whisk together agave, Dijon and vinegar in a small bowl.
2. Add veggies to a large bowl, pour sauce on top and gently toss until evenly coated.

LENTIL & CAULIFLOWER TACOS

- Homemade Taco Seasoning: 1 Tbsp Chili powder, 1 Tbsp Cumin, ½ tsp Paprika, ½ tsp Salt, ½ tsp Garlic Powder, ½ tsp Dried Onion, ½ tsp dried Oregano, ½ tsp Black Pepper
- 1 cup Cauliflower florets, chopped small
- 1 cup chopped Romaine lettuce
- 1 small Onion, diced small
- 4 cloves Garlic, minced
- 1 cup dried Lentils
- 2 ½ cups veggie broth
- 12 corn tortilla shells
- 1 large tomato, diced
- 1 Avocado, diced
- ½ cup Salsa

1. Add lentils, cauliflower, garlic, broth and taco seasoning to a 3 qt saucepan and stir.
2. Cover. Bring to a low boil, then reduce heat to low and cook for 25 minutes until lentils are tender.
3. Portion finished lentil mix on a soft corn tortilla shell and top with tomatoes, lettuce, salsa and avocado.

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Nutrition & Cooking Classes

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Check out more classes available at www.foodsavedme.com

Katherine's Testimony, Cancer Free Kitchen, Heart Disease Prevention & Reversal, Alzheimer's Prevention, Katherine's 4 Week Meal Prep & Food Addiction 911!

Topics in the works: What to do with Tofu, Healthy Skin from the Inside Out, Vegan Cajun, Foods to Boost the Endocannabanoid System, and more!

SALADMASTER®

How can I get that machine Katherine is using?

The Saladmaster Food Processor comes with 5 cones for various cutting, slicing, dicing, waffling and shredding options. Saladmaster does not sell the Food Processor. It can only be earned for free by seeing a Saladmaster Cooking System Demonstration and referring a few couples.

The demo is free and you will learn healthy cooking techniques, how to keep more nutrients in your food and we will conduct a cookware surface test of your current cookware.

For more details and to sign up go to www.foodsavedme.com.
If you are local to the Dallas-Fort Worth area, the dinner can be conducted in person. Otherwise, it will be conducted via ZOOM.

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