

# WELLNESS WARRIORS

Our immune system protects us from harmful substances and diseases. If the immune system is compromised due to stress, poor lifestyle choices or a diet lacking in nutrients, we can become more susceptible to allergies and disease.



Nutritional Medicine expert **FIONA TUCK** shares her top five natural immunity boosters.

For more information on healthy eating, recipe ideas and nutrition info visit [fionatuck.com](http://fionatuck.com) or follow Fiona on Instagram @fionatucknutrition



## Elderberry Extract

Elderberries are a small, dark purple berry that comes from the Sambucus tree. They have been used as an ingredient in natural medicine remedies for thousands of years.

These small berries pack a punch when it comes to antioxidants and flavonoids making them a valuable support for a compromised immune system. Studies suggest that elderberries, much like vitamin C, may reduce the severity and duration of cold and flu symptoms. Elderberries are a rich source of cell-protecting vitamins A, B, C, and antioxidants.

Elderberry extract can be purchased from health food stores and pharmacies and can be taken when the first symptoms of a cold or flu strike.



## Cayenne Pepper

This spicy red pepper contains a compound called Capsaicin, a powerful antioxidant that protects your cells from harm. Capsaicin contains vitamin C and bioflavonoids which may help to reduce the severity of colds and flu. Cayenne pepper also contains the important immune strengthening nutrient beta-carotene which helps to keep the mucous membranes healthy and protected against harmful pathogens.



## Vitamin D

Vitamin D plays an important role in keeping our immune system strong and healthy and helps to stimulate the production of potent anti-microbial peptides keeping bugs at bay. Some foods such as butter, cheese and mushrooms contain small amounts of vitamin D but we really need daily exposure to sunlight to produce adequate amounts of vitamin D. Taking a daily walk in the sunshine during the winter and spring months is the best way to top up vitamin D levels.



## Garlic

If you thought garlic was just good for keeping Dracula at bay, think again. Garlic has been used for centuries as a natural remedy to fight viruses, parasites and bacteria.

Raw garlic contains the compound Allicin which is released when the garlic is chopped or crushed. Allicin contains antimicrobial properties and may assist the immune system to fight colds and flu.



## Onions

Onions may alleviate symptoms of sinus congestion and assist with strengthening the immune system. The antioxidant and anti-inflammatory compounds Quercetin and Allicin found in raw onions help fight off bacteria and viruses. Onions are at their most potent and powerful when consumed raw so try adding raw onion to your salads or cut up raw onion and add to soup just before serving.

## Anti-Viral Flu Fighter Shot

This is a fabulous anti-viral toddy that helps to alleviate the symptoms and duration of colds, flu and those dreaded seasonal allergies.

### INGREDIENTS:

- 1 cup of boiled filtered water
- 1 thumbnail piece of peeled ginger, grated
- 1 clove of raw garlic, crushed
- Juice of half a fresh lemon
- ½ small white onion, finely chopped
- 1 teaspoon of Manuka honey
- Pinch cayenne pepper

### DIRECTIONS:

1. Place all the ingredients except the honey in a large heat proof cup and add the boiled water. Leave to steep for 10 mins.
2. Strain the liquid then add the honey prior to drinking.

Important: If you have any medical conditions or are taking any prescription medications check with your GP prior to consuming. Do not take if you have a stomach ulcer, extreme stomach discomfort, prior to any form of surgery or with anti-viral or blood thinning medications.