

A close-up photograph of several rectangular watermelon popsicles with wooden sticks, resting on a white tray filled with ice cubes. The popsicles are a vibrant red color with visible watermelon seeds. The background is softly blurred, showing more ice and a light blue surface.

Core & Control IMMUNITY SUPPORT



**IN
THIS
BOOK:
NATURAL
IMMUNE
SYSTEM
SUPPORTING
RECIPES**



5 SIMPLE IMMUNE BOOSTING HABITS:

YOUR FOOD AND LIFESTYLE CHOICES CAN EITHER SUPPORT OR UNDERMINE YOUR BODY'S ABILITY TO MAKE PROTECTIVE ANTIBODIES AGAINST BACTERIA, VIRUSES, AND OTHER GERMS. CULTIVATE A ROBUST IMMUNE SYSTEM WITH THE FOLLOWING HEALTHY HABITS...

1. GET ENOUGH SLEEP

Studies show that people who don't get quality sleep are more likely to get sick after being exposed to a virus, and take longer to recover. Long-term lack of sleep also increases your risk of obesity, diabetes & heart disease. The optimal amount of sleep for most adults is 7 to 8 hours of good sleep each night.

2. STAY ACTIVE

Research shows that exercise supports our immune system, and it's also proven to support our mental health; and that leading a physically active lifestyle reduces the risk of bacterial and viral infections. It also helps clear the mind and reduce anxiety. A daily walk will go a long way in improving your health and mental clarity.

3. EAT WHOLE FOODS & HYDRATE

Eating and drinking processed foods curbs your immune system cells that attack bacteria. This effect lasts for at least a few hours. By contrast, eating whole foods predominantly from the plant kingdom, and staying hydrated with ample filtered water, supports a functioning immune system. Try some of our recipe examples in this guide, and always carry a water bottle with you.

4. HEALTHY ROUTINES

Meditation, a gratitude practice, laughter, and even a healthy sex life have all been shown to reduce stress and boost the healthy of your immune system. Take time each day to slow down, breathe, connect with your family, and become conscious of all the well-being that surrounds you.

5. SUPPLEMENT

Bridge the gap in your diet with quality supplements so your body doesn't miss out on vital nutrients that you may be missing with your diet. Supplements can help with contributions to your cardiovascular health, supports your immune system, reduce the severity of cold symptoms, helps protect DNA and improves blood flow to skin.

immune boosting recipes





immunity tonic

3 cloves garlic
knob fresh ginger
knob fresh tumeric
1 whole organic lemon, including skin
dash cayenne pepper
1 cup water

Blend together in a blender, store in an airtight glass jar in the fridge.

Have 2-4 shots per day, or add to warm water and sip as a tea



immunity smoothie

1 whole carrot OR peeled beetroot
1 whole orange OR grapefruit, peeled
1/2 lemon peeled
knob of ginger
handful fresh parsley, optional
1 1/2 cups filtered water
handful of ice

Blend untill smooth



lemon chicken stew

4 skinless chicken thighs, on bone if possible
2 carrots, chopped round
3 spring onions, chopped
5 black pepper corns
1 clove garlic, grated
generous 3-4cm knob ginger and tumeric, grated
4 cups chicken broth

To serve:

Handful fresh parsley, month or corriandor, chopped roughly
3-4 cups of Greens: zucchini noodles, shredded cabbage or kale
Juice 1/2 large lemon, or to taste as required
splash tamari sauce, to taste

Throw the ingredients in a pot and simmer 15-20 minutes. Take off the heat and add the "To serve" ingredients. Serve immedaately. Enjoy with your family over your daily gratitude practice for good health.



thai green soup

270ml can coconut cream
2-3 tsp Thai Green Curry paste
2 cups of water or stock
1 head broccoli
1 medium zucchini
1 cup spinach leaves
1 cup coriander leaves
juice of 1 lime
salt to taste to season
Optional garnish of herbs, sprouts, spring onion, crispy shallots & chilli

Fry curry paste in a saucepan in a tablespoon of the coconut cream until fragrant. Add the rest of the coconut cream, water, zucchini & broccoli and simmer gently until the vegetables are tender but still vibrant green. Stir through the spinach and coriander and blend soup until smooth (in blender or with bar mixer). Season with salt & lime to taste. Serve with a garnish of fresh herbs, spring onion, shallots, sprouts & chilli.

You can make your own fried shallots by frying them in coconut oil until crispy and brown. Drain on paper towel.



immunity broth

3 cups chicken broth (homemade or bone broth is best)
270ml 100% coconut cream
1 inch knob fresh ginger, grated
1 inch knob fresh tumeric, grated (or 1/2 tbs powdered)
Juice of 1-2 limes, to taste
1/2 bunch corriandor, chopped roughly
Himalayan salt, to taste

Gently warm stock and coconut cream. Add ginger & tumeric and simmer for 1 minute - you want to preserve all the immune boosting goodness so be careful not to over cook them!! Season to taste with salt and lime, and garnish with fresh corriandor.



cleansing kitchari

1 1/2 cups yellow mung dal	1 tsp cracked black pepper
2/3 cups basmati rice	1 knob ginger, grated
2 tsp ghee or coconut oil	6-8 cups mixed vegetables (cauliflower, pumpkin, carrots)
1 tsp cumin seeds	1 tbsp bone broth or veggie stock
2 tsp black mustard seeds	6 cups water (add more if needed)
1 tsp ground corriandor	1 270ml can light coconut milk
2 tsp ground cumin	Chopped spinach or kale
1 tsp ground tumeric or 3 tsp freshly grated	1 lemon, juiced
1 cinnamon stick, optional	Corriandor to serve
1 tsp fennel seeds	Pink salt & cracked pepper, to taste
4 cardomon pods	

Soak dal for 8 hours. Rinse dal & uncooked rice in water until water runs clear. Drains and set aside.

In a large pot, heat ghee over medium heat. Add cumin, fennel & mustard seeds and cook, stirring until mustard seeds pop. Add remaining spices & ginger and cook, stirring until fragrant. Add dal, rice, water & vegetables. Bring to a boil and then simmer, partially covered, stirring occasionally until most of the water is absorbed and the rice and vegetables are tender (around 1 hour).

Add spinach or kale, lemon juice and salt just before serving.

Suggestions:

Serve with coconut yoghurt, fresh mint or corriander. Make a coconut chutney using 1/4 cup shredded coconut, 1 cup corriander leaves, 1/4 cup lemon juice, 2 tsp grated ginger, salt and a splash of maple syrup. Chop up or whizz in a processor to a paste.