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Immune boosters by Kapil Patel

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Winter is the time when we may need those natural immune boosters more than ever. Try to stay off colds and flu in the cold month by incorporating some of our suggestion below:

Vitamin C: Take some additional vitamin C (e.g.1000mg effervescent tablets) to boost your immunity in winter. What is more, it also helps the body produce glutathione, a liver compound that drives toxins away from the body.

Vitamin A: Make sure you eat plenty of yellow/orange coloured veggies â€“ carrots, squash and sweet potatoes â€“ to get beta carotene that is used by the body to produce Vitamin A.

Not only will you stay free of colds al winter but you will also hold the ageing process as beta carotene is one of the most powerful antioxidants.

Fruit and Vegetable Juices: Freshly squeezed fruit and vegetable juices are absorbed much easier by the body providing it with the highest level of vitamins, minerals, antioxidants etc. They also contain phytochemicals which help to remove from your body radioactive (carcinogens), cancer causing substances and protect DNA cells.

Garlic: a phenolic compound in Garlic called Allicin is linked with boosting immunity. Add this natural antibiotic to dressings, soups, casseroles and you will improve you chances to survive winter cold free as well as keep the body temperature up. Studies show that garlic is one of many foods that increase your body temperature after being digested.

Omega-3 fatty acids: Essential Fats (Essential Fatty Acids i.e. EFA) from oily fish and seeds help cells lining the respiratory tract fight infection. Add some seeds to your porridge, cereals, soups and salads or have a 100g portion of oily fish (mackerel, salmon, sardines etc.) each week.

While on detox you can purchase some Udoâ€™s Oil capsules and start taking them on a regular basis. They contain a 2:1:1 ratio of Omega 3, 6 & 9 fatty acids. These are also vital for increasing metabolic rates and energy levels. Amongst many other benefits EFA assist in burning more calories, losing weight, suppressing appetite, eliminating water retention etc.

Folic Acid: Boost your immune system with Folic Acid founded in fortified breakfast, cereals, leafy greens, beetroot, beans and lentils.

Zinc: another key player in immunity. Good sources include: whole grains, shelfish and lean red meat

Probiotics: these are support the immune system; choose one which targets immunity and not digestion.

Tea Tree Oil to prevent colds and flue: As they say: â€˜Prevention is better than cureâ€™. Place a few tiny drops of Tea Tree Oil on your clothes (chest area) so that you can easily inhale the oilâ€™s aroma. Being natural antibacterial disinfectant, Tea Tree Oil is very effective in preventing catching any bacteria: colds, flu etc.

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