



# Optimising your Immunity

Amidst the chaos of COV-19 people have focused more on what they should always have focused upon for a healthy sustainable lifestyle.

Here are some key tips to help you balance what you actually can do of use now and for the future and follow up with your children to create good habits based around a healthy mindset.

Before we begin however there needs to be an understanding that this is simply a method to control what you can control, and not to worry about that which you cannot.

**The five key stages are listed below**

- 1. Nutrition Nitrocharging**
- 2. Superior Sleeping Patterns**
- 3. Laser Focused Morning Ritual**
- 4. Vitamins, Minerals and our Heavyweight hitters Garlic and Ginger**
- 5. Exercise**

## 1: Nutrition Nitrocharging



It is no secret that nutrition plays a huge role in the output and performance of our bodies. It will be of no great surprise that the recommendations here are as they are – you likely know this already, but let me re-enforce the point!

Eat your fruit and veg! And don't skimp on the grains, seeds and beans.

Aside the gigantic vitamin and fibre profiling of these foods, there is also a useful additive called phytochemicals (which comes from the Greek for Plant rather unexcitingly). These have been studied in depth and are used by many plants etc to thrive and/or thwart competitors.

For any that are interested there are some which are not so good, and these help form plant based toxin poisons, however rather than continue to add to the fear mongering, the ones you will find in the fruit and veg you can buy will act as a defence to your immune system, helping remove dead or dying cells and promoting the development of new healthy cells.

Pretty good deal for eating some greens!

## 2: Superior Sleeping Patterns



There are a few things you can do here to help yourself relax, fall into a deeper sleep and thus repair, recover and fight infections far better. Here is a little checklist for you to combat stress and place you in the Parasympathetic stress state which is where cell regeneration, recovery, and infection are most efficiently fought!

- Keep the same bedtime each evening
- Either put down, or turn the blue light filter on Laptops, Phones or Tablets an hour before bed
- Take 15-20 mins to settle, reading or my preference of simply sitting in a quiet and dark room allowing my mind to settle
- Avoid making yourself too hot – the body sleep more efficiently when slightly cool with fresh air
- Take your last meal an hour before sleep at the latest, and it goes without saying to avoid caffeine and alcohol where possible as both disrupt healthy sleep patterns.

### **3: Laser Focused Moring Ritual**



During the night your pH balance alters as the body is eliminating toxins, digesting food and repairing cells.

Not to mention that you have gone for six to eight hours without fluid.

To tackle both these issues before you reach for the coffee, try drinking half a litre to a pint of water with lime or lemon juice, or half of either in the water.

This helps to bring your body back to pH balance, hydrate you and give your digestive tract the support it needs to function in its most efficient manner.

All of the food you consume during the day, and indeed the way your focus is will be benefited by this simple, yet highly effective tool. As we have already mentioned, the nutrition is bolstering your immune system – so get your body to absorb as much of the goodness as possible.



## 4: Vitamins, Minerals and our Heavyweight hitters Garlic and Ginger



No massive surprise here to anyone.

Vitamin C is a clear front runner here so do not hold back! Benefits to both the adaptive and innate immune systems are key, supporting cellular functions of both.

Ginger & Garlic are two heavyweight hitters here.

Garlic containing thiosulfinates, benefits of which were noted as early as 3000 BC (sorry, I have to nerd out, it is me after all).

Antimicrobial activity, anticancer activity, antioxidant activity and reduction of cardiovascular diseases, immune functions and anti-diabetic activity. How's that for a right hand!

Ginger, now this little fiery additive contains sesquiterpenes, and for us in this situation one of the major benefits is that they help target, and attack Rhinovirus which is the most common grouping of the cold virus.

It also helps prevent nausea and contains other useful chemicals to bolster immunity.

## 5: Exercise



The human body is designed to move, quite often, repetitively and it functions, adapts and improves with movement.

Of particular benefit here is improved cardiovascular health, digestive benefits and general wellbeing. Aim for at least 30mins of movement per day that leaves you out of breath.

Do not neglect your mobility here either; flexibility has some fantastic benefits in helping remove toxins from your body.

So there we have it, a simple five points that you probably already know of but perhaps are not quite sure why that will help give you and your family the best chance to battle any virus that is going around.

Don't sit idly and hope **"CRY HAVOK AND LET SLIP THE DOGS OF WAR"**

If you need to know more, contact myself or my team via the social media or email links below!

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