

march 2010 @nourishe

Now's the time to focus on supporting your Immune System before the Winter Bugs really get going! We all have varying requirements when it comes to Immune function, so the best thing to do is gear up your basket with a few options for managing different symptoms. Nutrition is the first place to look - get that slow cooker dusted off & get into the soups & stews. Herbs are also very handy to have in your garden.



Immune Function Assessment -

Our White Blood Cells are key indicators of Immune Function. Lymphocytes control the immune response & in turn activate other immune cells.

Hemaview is the best in-clinic tool I have for taking a look at the immune cells. Under the microscope we can see (+ count) all the main White Blood Cells and from there assess where your own immune function needs support. In an Allergic response we'll see increased Eosinophils. In a chronic Allergy or Autoimmune type response we'll see increased Basophils.

To support and boost your immune system I'll use a mix of supplements, herbal infusions, and fresh herbs. My "Energise" blend infusion (Licorice, Rosehip & Hibiscus) is a great all-year-round energy & immune boost. **Ando NK** (Andrographis, Picorrhiza, Elderberry + Zinc) is my favourite for combating colds & flu's - great for dealing to that sore throat. (\$46/60's - 3/day). **Andrographis Complex** contains Echinacea + Basil - ideal for treating the infection stage of a cold or flu (\$50/60's, 1-4/day)

Vitamins & Minerals are important too - don't go past a good quality Vitamin C. Vitamin C is used for energy production + is a highly effective antioxidant.

nourishe anti - cold/'flu tea

I use a big coffee mug for my tea - you can mix 'n' match the ingredients to suit your own personal taste:

- chopped or grated FRESH Ginger (about ½ tsp per cup)
- cloves (2-3 per cup depending on your taste)
- chopped fresh garlic (1 clove per cup)
- honey (1 tsp per cup)
- fresh lemon (1 slice per cup, leave the skin on)
- Cinnamon stick (1 per cup)

METHOD: Put Ginger/Cloves/Garlic in a mug, pour over boiling water & steep for about 5 minutes. Strain (or not) & add Honey & Lemon slice. Stir everything with the Cinnamon stick. Alternatively make a bigger batch by boiling your water in a pot then adding the Ginger/Cloves/Garlic & continuing to simmer for about 3 minutes. Strain into a pot then heat up as you want (adding your honey & lemon to suit & stirring each time with a Cinnamon stick).

Freshly chopped Rosemary & Thyme also make great infusions for treating respiratory congestion. Use the same methods as above or even add them to the recipe.

Lots of you have this recipe so I apologise if I've already given it to you! I thought this was a great time to get you all blending up your own fresh herbal infusions & at least thinking about how you can help yourselves through the next few months.

Some Key Essential Oils to have On Hand for Winter:

Lemon - has great anti-bacterial & anti-microbial properties (spray onto surfaces & around the room)

Lavender - antiseptic properties as well as calming & relaxing (vaporise, spritz, inhale, direct contact)

Thyme - great for chesty coughs (inhale, blended in an oil or cream + rubbed onto chest)

Eucalyptus - good for clearing the airways (inhalation)

Spearmint - stimulates + uplifts a tired mind (vaporise, inhale)

