

# 14 DAYS TO BOOST YOUR IMMUNE SYSTEM



**HEALTH HUB**  
ACADEMY

**Publication**

# WELCOME TO BOOST YOUR IMMUNE SYSTEM 14 DAY MINI PROGRAM

The CORONAVIRUS COVID-19 has come as a big wake up call for us all. Although we are being told over and over again that what we eat, absorb and fail to excrete” becomes how well we are, most of us are not listening!

Every cell in our body is made from the building material we choose to supply. It has taken us a long time but we are just starting to understand.

Hippocrates when he said, “Let food be thy medicine and medicine be thy food.”

It's not about how fit we can become, but how fast our body can repair and regenerate that will build us a strong immune system that will give us the strength and endurance to recover after illness, injuries and viruses.

Our mind also plays an important role in how well we feel and how our energy flows. How we handle stress has a direct effect on our health and vitality for life. Research now shows that the health of our gut greatly affects our mind, thought patterns, anxiety levels and moods.

We need to start taking responsibility for our own health and giving both our mind and body the right fuel. We have relied too much on the medical profession and become a nation of prescription drug users.

Good health is not just an absence of disease, it's much more and we should all take personal responsibility.

It's just madness to expect different results from doing the same things. It is with this in mind that we have designed this holistic program.

This mini program will take you through 14 days of how you can make a huge difference to your gut health, your immune system and how you look and feel.

We hope you embrace it, enjoy it and benefit greatly from it for life and living it.

## Sue Worrall

SENIOR ASSOCIATE OF THE ROYAL SOCIETY OF MEDICINE



## HYDRATION WORKS

Hydration is the key to success with any health or weight loss program and nothing hydrates you better than plain water. Even though it is not officially a nutrient, it is essential to life and to our good health. Despite science proving how important water is most of us still don't drink enough.

Dehydration causes fatigue and lethargy, so your energy levels suffer and you're less likely to want to exercise.

By making sure you get enough water every day, you may be surprised at how much more alert, energised and focussed you feel.

Mild dehydration is a loss of 1.5 percent of a body's normal water volume. However just one percent below optimal can affect mood, make it more difficult to concentrate, and produce a headache.

Our cardiovascular and our waste system need many litres of water to keep us healthy and our brain consists of 80% water. The messages in our brain are transmitted and connected through fluid.

It's pretty important that we keep our whole body well hydrated if we want to function at our best both physically and mentally.

Water helps to carry oxygen to your body cells, which results in properly functioning systems. It also works in removing toxins from the body, so drinking more of it will prevent toxins from building up and having a negative impact on your immune system.



## SLEEP WELL FOR HEALTH

As Michael Mosley of TV's "Trust Me I am a Doctor Fame" says in his latest book (Highly recommended ) "When the volunteers had reduced sleep, genes associated with inflammation, immune response and response to stress became more active.

The team also saw increases in the activity of genes associated with diabetes and risk of cancer. The reverse happened when the volunteers added on an hour of sleep.

So even an hour's extra sleep a night can make a significant difference. And when it comes to the impact of sleep it's not just about quantity, but quality.

A recent study carried out by researchers at the University of Rochester Medical School and published in "The Journal Science Advances" showed how much deep sleep you get impacts on the glymphatic system, a network of plumbing in the brain that piggybacks on blood vessels and pumps cerebral spinal fluid through brain tissue to wash away waste and toxic proteins"

There is a direct link to sleep deprivation and immune response so - **DRINK MORE WATER!**

In another study volunteers who had flu virus sprayed in their nostrils were divided into groups and those who had 6 hours or less were 4 times more likely to have flu symptoms. So cut out blue light, don't eat late and make sure you have a dark and quite bedroom and give yourself time to get at 7 - 8 hours a night.



Research shows that there is a huge amount of interaction between the body's immune system and bacteria in the gut.

Beneficial gut bacteria species have been demonstrated to impact both the innate (present right from birth) and acquired immune systems (acquired during the course of life).

They have also been shown to significantly shorten the duration of having a common cold, and decrease the severity of the symptoms. So we need to focus on optimising our gut health, strengthening the gut lining and re-inoculating (re-populating your gut with bacteria by eating prebiotic and probiotic rich foods).

When we have a gut bacteria friendly diet this will then help promote a strong immune system.

The collection of bacteria living in our guts is called the microbiome, and this consists of approximately a hundred trillion bacteria.

There are ten times more of these cells than there are human body cells, and these genes outnumber your human genes by an incredible 150:1. It is currently believed that factors, such as diet, lifestyle and genetics have the greatest influence on shaping the gut microbiome.

Whilst we can't change our genes, we can affect the composition of the different species of bacteria in our guts, through diet and lifestyle. We need lots of variety when it comes to gut bacteria, so it is important to make sure our guts have as many different bacteria species as possible.



Luckily, for us, this can be achieved by eating a variety of different foods, rich in different species of bacteria - all of which promote a healthy gut lining, microbiome and consequently a healthy immune system. Many studies show that a healthy interaction between our immune system and the gut microbiota is crucial for the maintenance of our body's homeostasis and health.

Imbalances in the gut microbiota may disrupt immune responses. This not only weakens our immune responses but it can lead to the development of chronic inflammatory and autoimmune dysfunctions.

### **Prebiotics**

'A high-fibre diet is naturally rich in prebiotics, and this will help to obtain the subsequent health benefits of probiotics. 'Best prebiotic food sources: apples, asparagus, artichokes, bananas, broccoli, cauliflower, fennel, garlic, legumes, leeks, onions, pak choi, wheat and oats.

### **Probiotics**

Probiotics are microorganisms and the 'friendly' gut bacteria. They provide many health benefits, such as improving the intestinal microbial balance and boost the immune system. 'The best probiotic food sources are fermented foods such sauerkraut, fermented tempeh (type of soya), miso, kefir and yogurt. 'Other good gut health foods, especially for promoting a healthy gut lining, include pumpkin, sweet potatoes, squash, nuts, chicken stock (for the collagen promotes a healthy and strong gut lining). Apples are among the best sources of prebiotic fruits.



Good nutrition is the foundation of our health. It is the fuel that feeds all our systems that keep us safe and help us live long active lives. Ask yourself are you giving your body the fuel it loves for top performance or the fuel that leads to breakdowns and deterioration?

### **Antioxidants**

One of the most important things we need in our daily food intake are ANTIOXIDANTS.

We particularly need these for a strong immune system. While there is currently no official recommended daily allowance for antioxidants or antioxidant foods, generally speaking the more you consume each day from real whole-foods in your diet the better.

The following foods are excellent sources of antioxidants: **blueberries, Green leafy vegetables, such as spinach and kale, onion, oregano, turmeric, cumin, basil, ginger, garlic, cayenne pepper, dark chocolate (70 per cent minimum cocoa solids), green and white tea.**

If you are struggling to eat enough ( I recommend 10 - 15 mostly veg but including fruits , berries, whole grains, nuts and seeds ) every single day it is a great idea to take a supplement such as Juice Plus Capsules or Soft chews. I have done plenty of research in my years as a practicing nutritionist and this product is by far the best choice. whats more it fulfils my passion for science and has independent published studies proving the bioavailability and absorption of the high quality juice -dried powders in a vegan capsule with a high oxygen barrier. This is the most effective solution to bridging the gap between what we need to eat each day and what we actually do eat for good health and especially our immune system.



Most fruits, vegetables and herbs contain antioxidants such as vitamin C, vitamin E, lutein, beta-carotene, flavonoids and lycopene and they are the most effective way to boost our antioxidants and our immune system.

### **Vitamin C**

Vitamin C is an antioxidant found in abundance in fruits and vegetables. It is a significant nutrient for boosting immunity and may help to reduce the severity and duration of a common cold. We cannot store Vitamin C so a daily intake is essential. Food sources high in Vitamin C include: broccoli, Brussel sprouts, kale, kiwi fruit and citrus fruit oranges.

### **Vitamin D**

We also need vitamin D for our immune system as we cannot make it or store it we need a daily supply. One of the good sources is mushrooms and a great tip is if you leave them on the windowsill for 1 hour before you eat the they double in Vitamin D. Be aware of some supplements as too much is not good for our immune system so get it from: Sunlight just going outside for 1/2 an hour makes a big difference in even on cloudy days. Mushrooms - just by putting them on a windowsill before you cook them can double their Vitamin D content Eggs- Fortified whole grains - Supplement take Vitamin D3 with K2.



### **Vitamin A**

Vitamin A is a group of unsaturated nutritional organic compounds that includes retinol, retinal, retinoic acid, and several provitamin A carotenoids (most notably beta-carotene). Vitamin A has multiple functions: it is important for growth and development, for the maintenance of the immune system, and for good vision.

### **Zinc**

Zinc is a very important trace mineral needed for a healthy immune system. It keeps the immune system strong, helps heal wounds, and supports normal growth. Food sources include: meat, poultry, seafood, legumes, lentils, cereals and dairy products. In addition to good gut health and a balanced diet, it is also important to consume at least two litres of water a day (ideally filtered), adopting moderate cardio, resistance exercise and reducing stress in your life. Best supplement to take is zinc picolinate as it may be better absorbed.

## WHY 5 A DAY IS NOT ENOUGH!



In today's world full of air pollution, food additives, medications, pesticides, herbicides and endocrine disruptors in our water we need at least 10 - 15 portions of fresh, ripe, raw portions of fruit and vegetables every day. So the first, and most important thing to do is increase our intake of plant foods, especially greens and selected fruits & berries that are as ripe raw, pesticide and herbicide free as possible.

### **10 reasons why we need fruits and vegetables for great health:-**

**1.They boost our immune system** which means less, or faster recovery from, colds, viruses, injuries and surgery. Plus they help build and protect our microbiome which is the key to a good immune system and great long term good health.

**2.They are high in nutrients, vitamins** and minerals essential to run a healthy and energised body. They have thousands of plant nutrients called micro nutrients that help us absorb and use the nutrition from our food.

**3. When raw they have a high level of electrons** (they have negative alkalising charge). This can facilitate energetic flow within our body.

**4.They contain high amounts of magnesium** which is essential to make your heart pump and for elimination of unwanted matter through our waste system.

## WHY 5 A DAY IS NOT ENOUGH!



**5.They are packed with chlorophyll** which provides us with the essential building blocks for healthy red blood cells (your health & weight loss “currency”).

**6 They contain high levels of fibre** which helps prevent weight gain, aids the digestion, maintains, enhances your microbiota and can help prevent CV disease, reduce oxidative stress & some cancers.

**7. They protect our DNA** which means cellular level anti-aging.

**8.They are low in fat & sugar** - Stage 1 of any weight loss / health building program is to eliminate all processed foods and foods that have a mainly fat and sugar composition. Most plants contain very little fat and those that do like nuts, seeds & avocado contain much needed good fats.

**9.They protect our gums** by preventing and reversing gum disease.

**10.They protect our heart and vascular system** which is an essential transportation system for every single cell in our body and especially for our brain.

# START YOUR 14 DAYS OF IMMUNE BOOSTING CHANGES

Our immune system is the first line of defence against any invaders preying on your good health and well-being. Giving it a boost isn't a monumental task, but then again, there are many ways to undermine its functioning as well. On one hand, we have simple, healthy habits that are the bedrock of illness prevention. On the other, we see the careless behaviour that can wreak havoc on the body. In the latter case, you are more likely to catch a virus but also less capable of fighting it off. So, it is time to realise that what you eat, how much you sleep, and the kind of habits you establish has a crucial role to play in enhancing your immune system.

## **Let your good mood show**

Many people overlook that our mood has a profound impact on the immune system. Believe it or not, giggling and laughing is more than just telltale signs of how amused you are: These things raise the levels of antibodies in blood as well as white blood cells.

## **Do things you enjoy**

A study found that feel-good activities like singing also increase the antibody production in the body.

Eliminate the bad foods

Take out all the foods that are depleting your immune system by making it hard for your body to work at its best.

## **TAKE OUT THE FOLLOWING FOODS:-**

1. Take out meals.
2. Processed foods.
3. Foods high in sugar.
4. All refined carbohydrates.
5. Carbonated drinks.
6. Alcoholic beverages.
7. Cut back on Dairy
8. Margarines
9. Artificial sweeteners
10. All bread cakes & biscuits



# BALANCE OUT THE 4 Fs OF FOOD GROUPS

The best way to 'eat for immunity' is to balance calories and ensure you get plenty of good fats, fibre, quality carbs, diverse protein sources and phyto-nutrients (biologically active chemical compounds found in plants). So ensure your plate is filled with these five Fs (OK, one is a Ph but it still counts...!).

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**FATS** – Carefully select the most beneficial, such as polyunsaturated and monounsaturated fats, found in olive oils, oily fish, avocados, seeds and nuts. Essential Fatty acids are known to play diverse roles in immune cells. They are important as a source of energy, as structural components of cell membranes, as signaling molecules and as precursors for the synthesis of eicosanoids and similar mediators. New research shows long chain omega-3 fatty acids may help to boost the immune system by enhancing the functioning of immune cells.

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**PHYTONUTRIENTS** – My superfoods. They act as a natural pesticide, helping to protect plants from predators. So it's no surprise that regular consumption helps to prevent us from getting sick, too. There are over 25,000 different ones recorded across many foods – not only in fruits and veg, but in pulses, tea, coffee, red wine, cacao, herbs, spices and olive oil. It's the collective power of phytonutrients that we are after, and, as a rule of thumb, more colourful fruit and veg equals more phytonutrients.

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**FIBRE** – is a type of carbohydrate that the body can't digest. Though most carbohydrates are broken down into sugar molecules, fibre cannot be broken down into sugar molecules, and instead it passes through the body undigested. Fiber is also very important in regulating the body's use of sugars, helping to keep hunger and blood sugar in check. This provides great fodder for all the different beneficial micro-organisms living in us, and might just be the life-saving food 90 per cent of us aren't eating enough of. Get it from fruit, veg, nuts and seeds, oats, lentils and rice, as well as cooked and cooled white potatoes.

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**FISH** – A source of essential fats, which we can only get from our diet as our bodies can't make them, particularly in the case of oily fish.

# ADD IN THE GOOD FOODS

1. Greatly increase your intake of vegetables, fruits, berries, whole grains, nuts and seeds
2. Include more fatty acids called omega-3s in your diet. These acids regulate immune system function and increase the production of anti-inflammatory compounds in the body. Also good fats are a driving force behind the production of hormone-like compounds that ramp up immune system's ability to combat infection and other invaders.
3. Make smoothies with greens and citrus fruits. That way, you boost the activity of phagocytes, cells that digest bacteria.
4. Opt for natural sweeteners such as honey that do not inhibit the ability of white cells to tackle bacteria.
5. Go organic produce has a much more diverse bacteria population that can help increase the good bacteria in your gut.

## **Supplement for extra protection**

The best supplement with the most independent peer reviews published studies is Juice Plus+. At the Health Hub club we highly recommend it. Juice Plus + fruit, Vegetable and Berry Capsules contain Nutrient Rich juice dried powders from 30 different fruits, vegetables & berries. Each one is specially selected to provide us with the widest possible range of antioxidants and nutritional benefits. Taking Juice Plus+ not only gives us a great nutritional foundation which boosts our immune system and bridges the gap between what we should eat and what we actually do eat everyday. The Omega Blend ingredients are also very carefully selected, not fractionated and the omega 3 is from the purest possible source. ALL the Juice Plus+ capsules are made from fermented tapioca. omega capsules do not need heat sealing and therefore the risk attached to many omega filled capsules of oil damages



To unlock the full potential of your immune system, you have to get moving. Namely, your body reacts to physical exercise by producing more bacteria-busting cells. Scientific studies have shown that people who do that have half as many colds and sore throats compared to those who are inactive. And to encourage long-lasting changes, you need to perform workout on a regular basis, establish a steady routine that is. In the process, you can count on other benefits like decreased stress and anxiety, which improves the picture of your mental health.

**Moderate aerobic exercise** – about 30 to 45 minutes a day of walking, biking or running – can more than halve our risk of catching common winter maladies, and of having a particularly severe form of them. Some cells that deal with viral infections and cancer surveillance increase tenfold after just one bout of exercise activity. And it may sound strange but it's true – exercising a few minutes before a vaccination can even improve its protection.

The Government recommends at least 150 minutes (two hours 30 minutes) of moderate aerobic activity with at least two muscle-strengthening activities per week. But walking for one hour a week has been shown to improve overall health in the long term. Get physical throughout the day by taking stairs not lifts, walk to the station rather than getting the bus, meet friends for a stroll in the park instead of a coffee or a drink, or try a standing desk.

### **Increase Sunlight Exposure**

To reinforce your immune stronghold, take advantage of the natural blessing, the sunlight. Exposure to it is one of the most efficient ways to stock up on vitamin D, the immune system supercharger. Thus, make sure to soak up some sun every now and then. Even in winter, venturing outside, however hostile it may seem, is something that enables you to reap nice health benefits. Just do not go overboard because you risk skin cancer and sunburns. Between 15 to 20 minutes is enough for the effects to kick in.

# IMMUNE BOOST CHECK LISTS

**TAKE Juice Plus+ Premium Capsules.** They provide the antioxidants and phytonutrients from 30 varieties of fruits, vegetables and berries from a whole food source. They have over 36 published peer reviewed studies showing many markers for boosting health and wellness. They help you put in a foundation of nutrients on a daily basis you would not be able to achieve from just regular meals. See Page 2. Eat oily fish 3 - 4 times a week. Do not use any margarine, if you do need it use butter sparingly and coconut or avocado oil for cooking. According to recent studies Omega-3 fatty acids help boost the immune stem by enhancing the functionality of immune cells.

For a great foundation of the purest source of Omega- 3 fatty acids TAKE Juice Plus Omega Blend. It's the omega the fish eat to get their omega. This means it does not deplete fish stocks and it is vegan friendly and high quality

**Avoid wheat as much as possible** - Do not miss meals and so not snack on buns , pastries or any fast food items.

**at foods high in fibre** so greatly increase your intake of fibrous vegetables (Don't get Starchy veg and Fibrous veg mixed up - Starch becomes fast blood sugar, Fibre slows down how fast the sugar enters your blood stream)

**Eat your last meal by 7.00pm** so that it can be fully digested and utilised by your body to carry out repair while you sleep. This fasting period should be at least 12 hours. This overnight fasting period will promote good gut bacteria and give your body time to do the repair it needs after every single day, so eat breakfast 12 hours after your last meal. Have whole grains with added berries and ground flax seeds.





# The Health Hub Club

**Join The Health Hub Club Today**



Now more than ever we need to take responsibility for our own health. Obesity, heart disease and diabetes are sadly becoming normal in the western world and with the present pandemic sadly largely effecting those with underlying health issues we must act now. The Health Hub Club has thousands of health related articles at your fingertips as well as healthy recipes. Each week you will get healthy hints and tips delivered to your inbox as well as bi-weekly live calls with our board of health experts.

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