



Boosting your immune system with Angela Emmerton

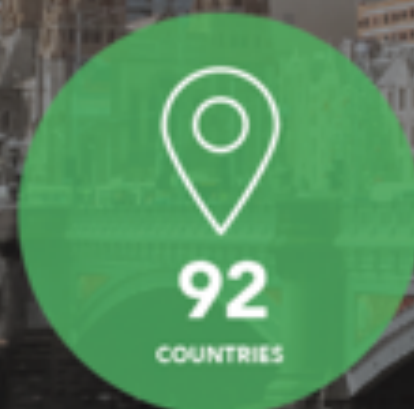
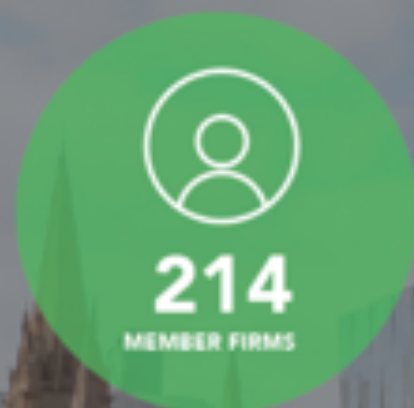


Local knowledge.

National Connections.

Global Reach.

-
- Business structure & set up
 - Business valuations
 - Due diligence
 - Accounting, tax, compliance assistance
 - Strategic Planning Workshops



Your presenter
Today:



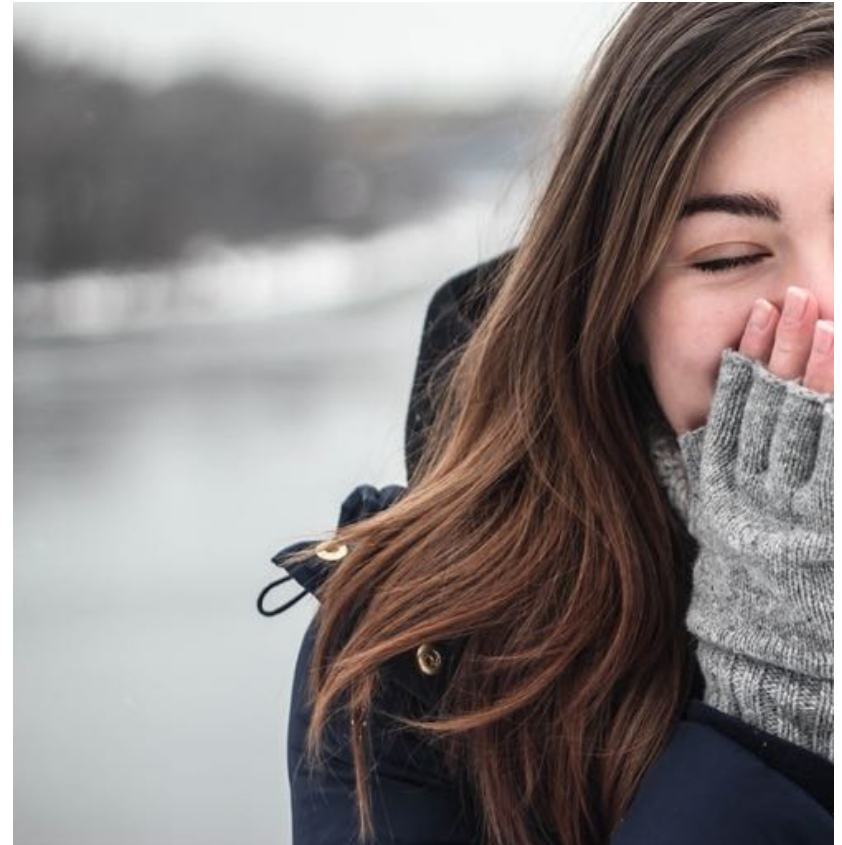
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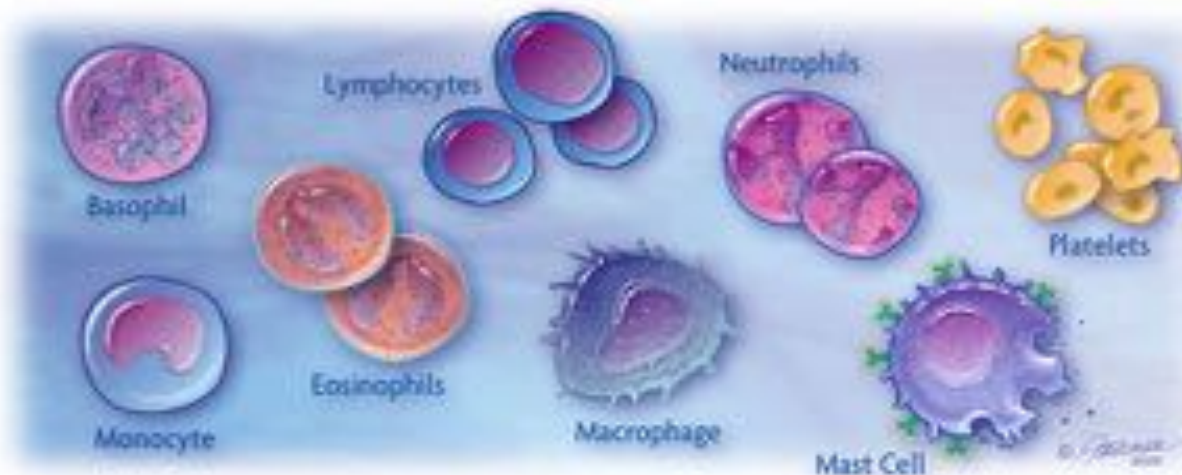
What we'll cover

- How your immune system works
- Foods that build a strong immune
- The importance of Gut health
- How stress and poor sleep can compromise your immune
- My 6 tips to help you and your family stay WELL this winter
- Natural Remedies to fight a cold (for all ages)
- Immune boosting nutrients
- Q & A



Immune system

- The immune system is indispensable - It protects the body from harmful substances, removes foreign substances, germs and manages cell changes to prevent sickness
- It is made up of various organs (digestion & skin) and cells
- **Lymphocytes** (T-cells, B-cells and NK cells), **neutrophils**, and **monocytes/macrophages**. These are all types of white blood cells (eating cells)
- The adaptive (specific) immune system makes antibodies to fight specific germs – known as acquired (learned) immune response



Lines of defence

- **Skin and mucous membranes** – like night club ‘bouncers’ - decide who can come into the body and who to turn away
- The stickiness of **mucous** acts like a trap
- Chemicals in our **tears, nasal secretions and stomach acid** helps to kill bacteria
- **Urine** - helps flush toxins out of the body
- **Vomiting** - expels microbes
- Digestive system (**digestive enzymes**) help break down the microbial cell



Six tips - healthy immune



1. Gut health

- The gut is packed with around 70% of the body's immune cells— functioning as the immune systems 'control tower'
- Research reports that foods high in **soluble fibre**; i.e. **oats, nuts, and apples, improve** immune function
- Why? because a **diet high in fibre feeds the gut microbiome**
- **Build a population of good guys!**
- Include fermented foods; e.g. kombucha (homemade), sauerkraut, yoghurt, kefir, miso, etc.



2. Eat real food

- Food is the **building blocks for all our cells** - our bones, organs, brain, nerve cells and of course our immune cells...
- For a **HEALTHY IMMUNE SYSTEM**, we need our focus to be on eating healthy with whole foods
- A **Wholefood Diet** - consists of foods as close to nature as possible – **Abundant fresh veggies**, fruits, protein and healthy fats
- Minimal to No processed foods and **avoiding sugar** (competes with vitamin C) can put your **white blood cells into a temporary coma** – **weakening your immune**



3. Immune boosting nutrients

- Vitamin D – *sunshine*
- Vitamin A - *betacarotene*
- Vitamin C - *citrus*
- Zinc –(*balances inflammation*)
- A deficiency in any of these nutrients means a **less powerful army inside you to fight infection**



4. Movement

- Moving our muscles moves our Lymph fluid around the body, bathing our cells and removing wastes.
- And what lives in our Lymph tissue? Our immune cells!
- Helps fight disease, is anti-ageing and keeps our cells fit and healthy
- Find a way to keep exercising even through winter



5. Sleep

- Winter is nature's time to pause (think hibernation)
- Follow the sun's rhythm - earlier to bed, earlier to rise.
- 7-9 hours of sleep a night is key
- Hormones, chemicals and proteins that fight off infection are released while we sleep
- It's the time our body repairs and heals
- Starting to feel sick? The BEST remedy is a few good nights of SLEEP!



6. Ways to manage stress

- Finding ways to reduce the impact of stress is essential not just for immune health, but for overall health in general)
- Enjoy a walk in nature (research has proven this one time and time again!)
- Yoga and mediation, even home practice (*Yogaholics.com.au – Headspace*)
- Taking regular breaks – ideally going somewhere warm, to help increase vitamin D levels - key for a strong immune system
- AND follow the six tips - look after your Gut health, Eat well, Move and Sleep more, and ensure you have no Nutrient deficiencies...Can you see a pattern here? ;-)



Home remedies

- Fighting a cold or virus
- Warm body and Warm foods...
- Rug up, warm baths and showers, steam - encourage body to sweat out (excrete) toxics
- Soups and Hot teas (herbal)
- Garlic - crushed to activate (antimicrobial)
- Essential nutrients
- Eucalyptus essential oil / few drops in the shower



Finally, go with the flow

- Focus on what you can control
- Come out of these unique times, feeling healthier and stronger!



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Questions?

