

3 Immune Boosting

TIPS & RECIPES



Hi! I'm Melissa Weatherall!

I am a Registered Holistic Nutritionist. I have been practicing since I graduated in 2018.

A few years ago, I was in a place in my life that was unbalanced. I felt stuck, tired, had zero energy and I gained weight. I found it confusing and difficult to figure out what I needed to do to find balance again, I was sick all the time because my body was so out of balance.

My life is different now. I've learned the tools I've needed to change my body from the inside out.

I am pumped to share these tips with you. These tips have been the foundation for my consistent good health and high energy levels.

I was once in a dark and dingy place in my life where I didn't feel anything remotely close to healthy or energetic. As a matter of fact, I felt sick and lethargic.

My body was sluggish and I was taking a steady diet of medications for various ailments. Any type of activity exhausted me and I never had the energy to finish the day strong. As soulful human beings, we need to tap into our divinely given powers so that we can fulfill our life's purpose.

Let's get healthy together.

Much Love,

Mel xo

3 IMMUNE BOOSTING TIPS & RECIPES

There are a myriad of factors that affect our immune system. The changing of seasons, our busy routines, and pollution are just a few examples of factors that lead to lower immunity, colds, flu, and allergies. When combined with poor choices we make in terms of our diet, activity level, and prioritizing our health, suffering from diseases and viral infections becomes inevitable.

However, there are just as many ways that we can boost our immune system to keep the illnesses and diseases at bay. These ways are easy to adopt and may help you a great deal in boosting your immune system and staying healthier for longer.

The best approach to getting and maintaining a strong immune system is by consistently making great choices for your body and mind throughout the year.

When you start to work on building your immune system, you may choose to look at your diet as a first resort for change. You can change your overall eating habits and remove food items that slow your system down. If you are starting with your diet, then one thing you should consider is adding superfoods to help your immune system. Here are a few of the best and easiest superfoods to incorporate for your immune system.

GARLIC

Garlic is one of the leading superfoods you should add to your diet if you are trying to boost your immune system. Garlic is used to help with colds, flus, congestion, and infections. The key to this superfood is the ease you have in adding it to your diet. You can use minced garlic in your cooking, add it to sauces, and even make it into a tea if you need to get an immediate option for relief. You can find it in capsule form as well, though this may not give you the same benefit as raw garlic would.

GINGER

Ginger is normally a superfood that is connected to stomach health and easing your stomach when you are nauseous. This superfood can also help with overall digestion. You may be wondering what the link is to this and your immune system. If you have poor digestion, sluggish digestion, or issues with ulcers this can cause your body to work overtime to combat the toxins. The part of your body that works the hardest in this case is the immune system. Ginger helps soothe the stomach and helps the digestive tract move the toxins through which can take the pressure off your immune system and help boost it.

TURMERIC

One of the issues many people list as a problem with their bodies is inflammation. Inflammation can make you feel achy and sometimes lead to illness from the pain and the body reacting to that pain through the immune system. Turmeric can be made into a paste and added to warm milk. This milk can then be taken on a daily basis to help reduce inflammation and to help the immune system focus on other issues in the body.

BASIL

You may not think of a spice as being a superfood, but this spice or herb depending on how you refer to it can be vital. Basil offers massive healing properties to the body including soothing the stomach, nervous system, and reducing inflammation. All of these issues are connected directly to the immune system and how it reacts to the body. By using basil in green smoothies or as an additive in foods, you can help reduce issues in your nervous system and digestive system which in turn help to reduce the impact on your immune system.

HERE ARE 3 IMMUNE BOOSTING RECIPES:

TURMERIC CHAI LATTE

Serves 1

1 cup coconut milk

$\frac{3}{4}$ teaspoon turmeric

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon ground ginger

1 teaspoon raw honey

pinch of sea salt

Add coconut milk to a saucepan, whisk in turmeric, cinnamon, and ginger. Bring to a light simmer and heat until warm. Stir in honey and salt until dissolved. Serve in a coffee mug.

MANGO SMOOTHIE

Serves 1

1 $\frac{1}{2}$ cups dairy-free milk

1 cup mango

$\frac{1}{2}$ inch fresh turmeric or $\frac{1}{4}$ turmeric powder

$\frac{1}{2}$ banana

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1 teaspoon flax seeds

1 scoop plant based protein powder

Blend all ingredients in a high speed blender.

CARROT GINGER MISO SOUP

Serves 4

1 pound carrots, roughly chopped

1 large onion, roughly chopped

6 garlic cloves

1 tablespoon coconut oil

1 inch fresh ginger, chopped

2 cups water OR vegetable broth

2 tablespoons white miso

1 scallion, chopped

PREPARE YOUR VEGETABLES. Preheat your oven to 400 degrees F. Add the carrots, onion, and garlic cloves to a baking sheet and massage with coconut oil. Bake for about 20 to 25 minutes until the carrots are tender.

CREATE THE SOUP. Add the roasted vegetables and ginger to a large soup pot and cover with water OR vegetable broth. Bring the pot to a boil. Then blend the soup using an immersion blender OR blend it in batches using a high speed blender. Finally, mix in the miso until the soup is smooth. Serve in soup bowls topped with scallion.

There is nothing as frustrating as trying everything you know to do to keep your immune system boosted. You try superfoods, supplements, new exercise routines, and more only to end up getting sick. This may have you wondering what it is that is affecting your immune system from functioning properly. Here are a few of the options you should consider.

STRESS RELATED ISSUES

One of the first things that could be affecting your immune system is stress. You may think that you don't have that much stress in your life and that you have it all covered. What you may be overlooking are the daily stresses that can build into one major stress filled reaction causing your immune system to be less effective. This stress can come from working through a chaotic daily schedule that has you going non-stop, trying to maintain a large to-do list, or from dealing with the issues of other people in your home and family. Try journaling to help flush out the stressors that could be in your life, that you didn't even realize were a problem. You can identify them and then work through them at your own pace to help reduce the impact on your immune system.

LACK OF HYDRATION

Hydration is usually the key to what is causing issues with your body, especially with your immune system. If your body does not have the proper hydration, then it can't function properly. This puts stress on your organs, on your weight loss, and on your immune system. It is basically having to work without the key components it needs to function. You may think that you are getting enough hydration, but remember, your body needs plain filtered water to keep it going. Make sure that you are getting at least 2litres of water every day.

SLEEP RELATED ISSUES

One aspect of daily routines that people tend to overlook, especially when it comes to the connection between your body and your immune system, is sleep. You may think that you are getting at least 6 hours or more of sleep a night, but just because you are sleeping it does not mean you are sleeping well. You need to make sure that you are getting deep sleep. One way to do this is to use a sleep monitor system found on most fitness trackers. It can help determine if you are getting deep sleep and how much. If you are not getting solid deep sleep this could be the reason your immunity system is not working properly.

By running through a checklist of these things that might be affecting your immune system, you can be better equipped to take on most of the illnesses you may experience. You can also help boost areas of your immune system or make lifestyle changes that may be lacking.

READY TO TAKE YOUR IMMUNE SYSTEM TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program that takes your health, life, and energy to the next level?

Join me for my Fall Detox program! You can take a look [HERE!](#)

You'll receive an in-depth guide, over 45 mouthwatering, allergy-friendly, easy-to-make recipes and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally. Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you.

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

I gained knowledge of eating healthy and planning ahead. I gained a sense of "do it for me" attitude and really dug deep. I gained a bit of a water habit (still working on that one). I gained the strength to embrace movement and accept my worst, depressing month, February and knock my SADD clear in the jaw. I gained an accountability group and support team!!! Thank-you for this opportunity from the bottom of my heart. Oh by the way I lied I lost inches and I'm back in size 8/9 jeans and I feel confident enough to wear a bathing suit next week!!!

Lori

Melissa has helped me so much. With her help and encouragement, I now prep good food for the week, sleep better all around. I have lost almost 10 pounds in the month since I first met with her. Thank You Melissa!

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