

IMMUNE BOOSTERS

(Prevention--Treatment--Recovery)

HERBS:

Echinacea
Thyme
Astragalus
Bacial Skullcap
Elderflower/Elderberry
Myrhh
Thuja
Olive Leaf
Garlic
Goldenseal
Sage
Yarrow
Peppermint
Chamomile
Rose Hips
Ribwort
Aniseed
Kumerahou
Cayenne

Bitter tonics
Alteratives
Hepatics
Diuretics
Diaphoretics
Pulmonaries
Anti-microbials

Herbs specific for Whooping Cough:

Thyme
Mullein
Elecampane
Comfrey root
Lobelia
Wild Cherry Bark
White Horehound

Anti-bacterials
Anti-spasmodic

FOODS TO AVOID:

- *Sugar (in any form)
- *Wheat and Wheat products
- *Acid or Mucous forming foods
- *Dairy
- *Processed/Packaged foods
- *Fried or Rich foods
- *Cold and Raw foods (limit)
- *Intoxicants (alcohol)
- *Refined or Chemically contaminated foods
- *Rancid nuts and seeds
- *Do not eat late at night

FOODS TO EAT:

- *PROBIOTIC RICH FOODS (sauerkraut, miso, tempeh, fermented veges)
- *Fresh Ginger Tea
- *Garlic
- *Mustard
- *Apple Cider Vinegar

**FOOD IS SIMPLY YOUR BEST
MEDICINE!**

- *Cayenne
- *Fresh Juices
- *Well cooked Rice
- *Soups
- *Eat moderate amounts of high protein foods

- *Warm light meals (easily digested liquid food)
- *Lightly cooked or steamed vegetables
- *Apple Cider Vinegar & Lemon Drinks
- *Chlorophyll rich foods (Barley or Wheat Grass)
- *Bio-flavonoid rich foods (cabbage, parsley, carrots, broccoli, turnips, parsnips, horseradish, scallions, grapefruit, most fruits, seaweeds, sprouts)

Other Foods:

- Bee Propolis
- Manuka Honey
- Coconut Oil
- Raw Milk (in small amounts)
- Vitamin C
- Zinc

PRACTICES:

- *Emotional Freedom Technique (EFT)
- *Reflexology or Massage Techniques
- *Acupuncture and Moxa
- *Positive Affirmations
- *Positive Attitude: Gratitude & Forgiveness
- *Prayer, Meditation, Visualization
- *Water Cure (Drink 2L per day)
- *Plenty of Rest
- *Fresh Air and Sunlight
- *Saunas/Steams (encourage skin elimination)
- *Enemas/Colonics
- *Light to Moderate Exercise & Activity
- *Rebounder/Trampoline
- *Salt water gargles & Netti Pot for sinuses
- *Baths with herbs or Apple Cider Vinegar
- *Humidifier at night (w/ oils) but avoid over exposure to dampness
- *Hot and Cold Water treatments (on chest etc)
- *Hold Garlic Clove in mouth for 20-30 minutes
- *Sliced Garlic in Socks

- *Make it so the soil (your body) is no good for "bad" micro-organisms to grow. Prevent the development of morbid conditions.
- *Build Healthy soil (bodies) where germs will not live--remove toxic buildup, build healthy blood & lymph, & Purify tissues.
 - *Find diet that suits you, Don't over-indulge--Tune IN!
 - *Treat any illness as a Detoxification process

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Immune Enhancing Soup

1 yellow onion, sliced
Toasted sesame, cold pressed olive oil or coconut oil, for sauteing
6 shiitake mushrooms
4 garlic cloves, chopped
2 large carrots, thinly sliced
½ inch piece of ginger
1 package firm tofu, cubed
6 4-inch slices of alaria (wakame) or other seaweed
6 inches fresh burdock (gobo) root, thinly sliced (if fresh is not available used dried root that has been soaked in water overnight. If you can't find Burdock use other root veges like parsnips or turnips)
Miso Paste, to taste (Locally made in Nelson from Urban Hippie www.miso.co.nz)

Saute onion in a small amount of oil until slightly golden. Add remaining ingredients and 6 to 8 cups of water. Bring to a boil, reduce to a simmer, and cook covered for 30 minutes. Remove the ginger. Add miso paste to taste, up to several tablespoons. Noodles or cooked rice can be added to the soup for extra body and flavor.

Grandma Ida's Chicken Soup

1 Organic free-range chicken
Vegetables: carrots, celery, parsnips, onion etc.
parsley
sea salt and pepper to taste
Noodles or rice (optional)

Fill a pot with enough water to cover the chicken and bring the water to a boil. Put in the chicken and Cook until the chicken is soft. Add generous amounts of carrots, celery, parsnips, and onion a bit later on so that the veges do not get overcooked. Skim off any foam that comes to the surface. Toward the end, tie up a small bunch of parsley and put it into the pot. Cook a bit longer. All up it should take about an hour and half. Add sea salt and pepper to taste. When done, let it cool, then remove the chicken. Put the chicken on a plate and separate the meat from the bones (the meat will fall away easily). Put the chicken into bowls and pour the soup over the chicken, or serve the chicken separately. On the side, cook noodles or rice and add to the soup. Be sure to use a variety of vegetables.

Vegetable Barley Stew

½ yellow onion, chopped
2 celery stalks
10 small mushrooms, chopped
2 medium carrots, diced
2 tablespoons olive or coconut oil
1 cup barley

Saute all the veges in the oil. Add the barley and 6 cups of water. Cook for 1 hour or until the barley is done (soft). Add sea salt to taste. This is simple, delicious and nourishing.

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Garlic Lemonade

3 medium sized garlic cloves, chopped
Juice of 1 lemon or more if you like
Maple syrup or honey to taste

Place the garlic in a 2 liter jar and fill the jar with boiling water. Let the garlic steep for 20 minutes and then strain it out. Add the lemon juice and sweeten with the maple syrup or honey. Give ½ to 2 cups daily, the lower dose to prevent illness and for younger children and the greater quantity for older kids who feel like they are coming down with a cold. Don't give the lemonade every day; just use it periodically as needed.

Tips for Kids (make medicine and food FUN!):

- *Add Herbs to soups
- *Sweeten herbal teas with honey or maple syrup
- *Use Glycerine based Herbal Tinctures
- *Use Herbs in the Bath to be absorbed through the skin
- *Make Herbal Ice Blocks or Herbal Lollies
- *Flavor with cinnamon, nutmeg, ginger, and other kid friendly spices
- *Play the "doctor" game. Let them nurture you and give you medicines as well.