

The Creation Guide to Winter Immune Health. Justine's Top 10 Tips!

Here are 10 great ways to support yourself over the winter months

1. Keep Active :

Daylight and ultra violet light damages the DNA of micro-organisms, bacteria and virus so one of the best ways to boost your immunity is by spending as much time as possible outdoors! Get some fresh air , take a walk - enjoy as many daylight hours as you can and oxygenate your blood as you move.

To oxygenate your blood efficiently try to exercise at an intensity that elevates the heart rate because this will accelerate lymphatic flow, induce sweating, increase your metabolism and encourage detoxification as well as helping to calm your mind!

Walk – 10,000 steps per day. Buy a pedometer and see how many steps you do a day!

Try these tips for getting more steps into your life:

- Get off the bus early and walk the rest of the way home or to work.
- Cook fresh, healthy food as often as you can. You'll walk more around the kitchen while you prepare it.
- Walk to the station instead of taking the car or bus.
- Invest in a 'sholley' or shopping trolley and shop locally if you can.
- Walk the children to school, whatever the weather.
- When you're at a loose end at home, and thinking of a cup of tea and a biscuit, go out for a walk instead.
- Get fit with Fido – walk the dog.
- Find a walking partner so you have someone to chat to as you walk.
Get an iPod and listen to your favourite tracks or podcasts as you go.
Remember how much good you're doing for your health by walking, and enjoy the scenery, shops and people you see as you go.

Re-bounding - also known as trampetting and is great fun. These mini- trampolines can be purchased from many sports shops. It is quite exhausting so I would recommend a jump and dance on the re-bouncer to some uplifting songs for about 5 minutes per day, working up to 15-20 minutes as you feel able. Re-bounding is guaranteed to put a smile on your face whilst boosting the lymphatic system and is an excellent form of exercise!

www.activeplaces.com Active Place

www.ramblers.org.uk The Ramblers Association

www.whi.org.uk - Walking the Way to Health

There is also a plethora of free apps which you can download to your phone with personal training programmes – check them out!

2. Daylight – Vitamin D

This vitally important vitamin which we receive from daylight can support the immune system, bones and teeth, inflammatory markers and hormone levels. You will need to be

The Creation Guide to Winter Immune Health. Justine's Top 10 Tips!

outside for at least 15 minutes per day (no glasses or SPF factor) to start absorbing it! For many, a good vitamin D supplement is also advisable over the winter months. A natural health practitioner or your GP can organise a Vitamin D functional test to assess whether you have a deficiency.

Supplement recommendations

Age	Daily Requirement	Daily Optimum	Therapeutic Limit
0-6 months	400 IU	1000 IU	1000 IU
0 to 6 months	400 IU		
6 to 12 months	400 IU	1000 IU	1500 IU
1-3 years	600 IU	1000 IU	3000 IU
4-18 years	600 IU	1000 IU	5000 IU
19-70 years	600 IU	1500-2000 IU	5000 IU
>70 years	800 IU	1500-2000 IU	4000 IU
Pregnancy	600 IU	1500 IU	4000 IU
Lactation	600 IU	1500 IU	4000 IU

Or to work out your requirements based on your weight = take 1,000 ius of Vitamin D for 25lb body weight which = 100 iu for 2.5lb/1.kg

3. Meditate

A Harvard University study published in 2008 evidenced that the Relaxation Response (RR) to meditation affects our genes. Meditation – short or long term causes hundreds of genes to turn on or off. Many of the genes are involved in cellular metabolism and in the body's response to 'oxidative stress'. Oxidative stress is one of the biological products of stress and produces free radicals which are known to be involved in a host of disease processes (Dr David Hamilton PhD)

Begin by breathing in and out through the nose. Sit upright in a comfortable position with your feet placed on the floor.

Place one hand on your abdomen and the other one on your chest.

Ensure your breath and attention goes to your abdomen as you breathe in.

Breathe in to the count of 4 – hold for the count of 2 – exhale to the count of 6. Hold that exhalation for 2 counts.

Avoid breathing from the chest. Always ensure your diaphragm is being utilised fully.

Now repeat.

The Creation Guide to Winter Immune Health. Justine's Top 10 Tips!

Visualisation Exercise:

Sit down and make yourself comfortable. Give your shoulders a roll around to rid them of tension and open out your chest area. Now concentrate on your breathing.... make it easy and calm. Imagine that you are breathing in the colour of lavender, this is very calming. When your body feels comfortable breathe in and out slowly to the count of 3 on each breath. As you exhale concentrate on blowing out all the stale air from your lungs. Imagine your body is the trunk of a tree. Visualise roots going down your legs and feet, far into the Earth. As you breathe in, imagine drawing energy up from the Earth through the soles of your feet, up your legs and into your lower back. As you breathe out, move the energy into your belly and down the front of your legs and feet back into the Earth. Do this several times.

Learn mindfulness! This is one of the easiest forms of meditation and all you need to do it be totally "present" in whatever action you are doing –be it exercising, washing up, laughing or walking! So mindful walking is when you connect totally with the actions of your feet and legs as you walk. Be aware of how your limbs feel as they walk, of the sensations of the ground beneath you etc. For more information on meditation a link is here [Keep Calm and Meditate](#)

4. Use Age Old Remedies

Here are a few suggestions but there are plenty more including Turmeric, Neem, Aloe Vera, Bicarbonate of Soda, Royal Jelly, Propolis, Bee Pollen.

- **Organic Apple Cyder Vinegar:** The body constantly strives to achieve a state of *homeostasis*, or a state of equilibrium. One way is by keeping the body's pH balance (or acid-base balance) within the normal range of 7.35 – 7.45. Apple cider vinegar helps the body maintain a healthy alkaline pH level. Research shows that higher acid levels (lower pH level) leads to a lack of energy, excessive production of mucous and higher incidences of infection, among other things. As the body's pH balances it aids detoxification of the liver and helps break up mucus and cleanse the lymph nodes!

For warts, soak cotton ball in an apple cider vinegar solution then place over the wart with a band-aid overnight.

Natural ACV Tonic

2 or 3 teaspoons (10-15 ml) in an 8 ounce glass of water,
before meals or whenever heartburn is experienced.

- **Chywanaprash** – a traditional Indian food which is a blend of fruit, spices, herbs and honey. By eating 1-2 teaspoons per day it is believed to build immunity, increase haemoglobin and white blood cells. Also strengthens the lungs by nourishing the mucous membranes and clearing phlegm.

The Creation Guide to Winter Immune Health.

Justine's Top 10 Tips!

- **Garlic:** As a natural antibiotic over the winter you need 6-12 cloves per day. Peel and chew three cloves of garlic at a time – 2 to 4 times per day.
Garlic Syrup: Peel and chop 6-8 cloves of fresh garlic. Place in a jar and cover with 8 tablespoons of honey. Let it stand for several days and then strain. You can use this by the teaspoon (2 for children 4 for adults) to boost the immune system and treat infections.
Garlic or Onion Milk – Put onion or 3 cloves of garlic thinly sliced into a pan with 2 cups of milk. Simmer over a low heat for 20 minutes. Strain. (can be stored in fridge for up to a week) Dosage: 1 teaspoon up to 6 times per day)
- **Lemons:** place 3 sliced lemons (with peel) in 600 ml water and boil until water reduced by half. Add honey if necessary and/or ginger
- **Manuka Honey** – 1 teaspoon of manuka honey mixed with a serving of plain yoghurt will not only provide a probiotic for digestive health but has anti-inflammatory, immune boosting properties. You can also add it to lemons, ginger and apple cider vinegar as tonics and support the immune system.
- **Onions** -The Amish whose traditions date back to the 16th century **place onions in their homes during winter flu season to absorb bacteria and mould.** The **onions need to be peeled** if left around the home as a **preventive measure against flu and viruses.** Many people **do this during flu season** and find that **no one gets sick,** whereas in previous years with no onions, they had several members of the family fall ill. If placed around the home for prevention, the onions should be **replaced every 3 months.**
Use peeled onions cut in half. Place in a bowl in the room of an ill person **to relieve their symptoms quickly and naturally.** It is said that **white onions** work better than red onions.

5. Eat Probiotics and Fermented Foods for Immune Support

There are over 400 species of bacteria living in our digestive tracts. Most of these are 'friendly' bacteria, but the gut also contains some disease-causing bacteria which can cause the delicate environment within the gut to be disrupted. 70% of our immune system resides in the gut so care for it over the winter months!

Sources of Pre and Pro-biotic Foods

Pre-biotic – promotes growth and colonisation of “good” bacteria in the intestinal tract. By eating these foods you are encourage colonisation of good bacteria and helping to increase the absorption of certain minerals	Asparagus, bananas, unrefined barley, Jerusalem artichokes, sprouted wheat, whole grains, Soy beans, honey, garlic, leeks, flaxseeds, onions, green vegetables, legumes, un-sulphured raisins
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The Creation Guide to Winter Immune Health. Justine's Top 10 Tips!

Pro-biotic – by eating these foods you are encouraging more good bacteria into your gut .	Live yoghurt, cottage cheese, soya, tofu, tamari, rye, sourdough bread, Miso, kefir, Sauerkraut, artichokes, oats, Kombucha, honey, kimchi, Tempeh, fermented juices, home made yoghurt and Natto
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Cultured Foods

Cultured and fermented foods have been an integral part of the healthiest diets for thousands of years and are essential to a long, vibrant life. They nurture and replenish your inner ecosystem, building resistance to infections, and greatly enhance digestion.

Dr Sarah Myhill offers an excellent description of how to make the cultured food, Kefir milk on her website <http://www.drmyhill.co.uk/article.cfm?id=378>.

Buy Cultured Foods

If you want to make kombucha it is best to find someone locally to you who makes kombucha because they will be able to give you the “scobi” to begin the fermentation process. If you wish to buy cultured or fermented products then these websites offer products www.culturedprobiotics.co.uk, www.biotifuldairy.com.

Kefir sachets - online If you are interested in making Kefir then sachets can be bought from the internet www.synergy-health.co.uk and <http://timelesshealth.net>, bbbshealthyshop.co.uk amongst others

Sauerkraut -ingredients cabbage, mineral water, sea salt and whey (from raw fermented milk).

Latino Kraut -ingredients cabbage, carrots, onions, garlic, oregano, chillies, mineral water, sea salt and whey.

Ginger and carrot mix -ingredients carrot, ginger, honey, olive oil, mineral water, sea salt and whey (chillies optional).

Salsa -ingredients tomatoes, onions, garlic, coriander, chillies, honey, olive oil, mineral water, sea salt and whey.

Beet Kvass - ingredients beetroot, coriander seed, mineral water, sea salt and whey.

For Recipes Scroll Down To The Bottom Of The Page or Buy my Create Health Book! Call me on 07747 13370 to organise a copy.

6. Eat the Seasons!

Buy the freshest and best produced food that you can afford and prepare it with love

The Creation Guide to Winter Immune Health. Justine's Top 10 Tips!

- **Drink fresh filtered water daily:** soups, herbal teas or plain enjoy it and let it flush out toxins, hydrate and boost your vitality. Most people need 1.5/3litres daily dependant on their activity levels.
- **Think nutritious:** Dump the convenience food instead include an organic, rainbow coloured diet, filled with fresh vegetables and fruit high in vitamins, phytochemicals, minerals and fibre to maintain immunity. Add quality protein including fatty acids (omega 3 and 6) which boost the immune system and build healthy cells. Include oily fish, lean poultry and meat, green leafy vegetables, nuts, linseeds, seeds and beans, sunflower, grapeseed and coconut oil. Cooking methods should remain simple - raw vegetables and fruit daily otherwise steam, stir-fry, grill or bake.
- **Include Fibre.** Fibre plays an important role in maintaining health as 70% of the immune system is localised in the GI tract. Around 80% of the daily intake should come from insoluble fibre, which makes bowel movement easier and supports gut health. This type is found in wholegrains, root and leafy green vegetables, prunes, nuts and seeds. Soluble fibre helps balance blood sugar and is found in oats, pulses, beans, apples, pears, sweet potatoes and onions.
- **Eat Sprouts!** Freshly sprouted pulses, grains and seeds are highly nutritious. They are literally germinated seeds that are bursting with energy and flavour. In fact pound for pound they are more nutritious than any other food. As if this wasn't enough they are also really economical and a brilliant way of incorporating fresh living food into your daily diet. Eat them as a snack or as an appetiser, add to soups, stir-fries or anything else you want.

Seeds	Benefits
Aduki	Mildly spicy, nutty flavour. Contains vitamin C, iron and amino acids.
Alfalfa	Superior in nutritional value with 35% protein and plenty of carotene. Also contains vitamins A, B, C and E
Broccoli	Rich in magnesium and calcium
Buckwheat	Rich source of rutin, lecithin, calcium and vitamins A and C. Can also be juiced
Chick Peas	Crunchy roots best eaten when the spouts are small and sweet. Enjoy raw or lightly stir-fried. Sweet nutty flavour with vitamins A and C
Cress – all forms	Rich in potassium, magnesium -, adds a spicy flavour to salads
Fenugreek	Spicy flavour, contains 30% protein plus iron, vitamins A and C, and choline which supports fat metabolism
Green Lentils	Mild, sweet and earthy flavoured. Rich in vitamin, iron and amino acids
Pea Shoots	Add to salads – delicious
Mustard	Fairly hot and excellent to add to egg dishes, salads and soups
Red Clover	Similar in appearance to alfalfa, rich in vitamins A % C and trace minerals
Radish	Crisp with hot tangy flavour
Sunflower	Good source of amino acids, essential fatty acids, iron, calcium, magnesium, potassium, vitamin E and B complex
Wheatgrass	Considered almost nutritionally perfect and one of the best sources

The Creation Guide to Winter Immune Health.

Justine's Top 10 Tips!

	of chlorophyll. Grow in seed trays. Can be harvested for juicing when it is 15-25cm tall after 9-12 days. Soak seeds for 12 hours, rinse and drain and leave to spout for 1-2 days rinsing regularly.
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If you are not ready to grow our own then spouting seeds can be bought bagged from most supermarkets, health foods shops and organic delivery companies. The easiest way to grow sprouts is using a salad sprouter – brand names include Gaia, Biosnacky, and Beingfare but you can use a glass jar.

How To Sprout

You will need a Glass jar, Rubber band, Water, Muslin as a protective cover and also to drain the seeds when rinsing. Rule of thumb is 1.5 tablespoons of seeds per batch.

1. Place seeds in a container and cover with about 250ml water. Soak seeds overnight or for a minimum of 4 hours – they will swell considerably
2. Drain water and rinse with fresh water. Repeat the process and drain well
3. The seeds can then be grown in the jam jar (you will need a muslin cloth and rubber band if using a jar) or transferred to the sprouter.
4. Leave in a warm place – place out of direct sunlight for green sprouts or an airing cupboard or warm dark place for white sprouts – each approach gives a different taste and texture
5. Remember - rinse and drain the seeds at least twice a day – until sprouts are ready to eat. This is essential to avoid fermentation and mouldy seedlings.
6. When ready to eat, rinse and use straight from the jar or sprouter – they will be ready in 2-5 days. You can store the when sprouted in an unsealed bag in the fridge for 3-4 days.

7. **Dry Skin Brush** - see [Creation Guide to Dry Skin Brushing](#) to stimulate your lymphatic system. Did you know that you release more than a pound of waste through your skin every day? Dry skin brushing changes the health of your whole body because it stimulates lymph and blood circulation whilst removing impurities in addition to helping digestion, reducing cellulite and removing dead skin layers.

8. Treat Everyone As You Would Like to Be Treated.

This speaks for itself but if you are interested then read The Four Agreements by Don Miguel Ruiz – a truly inspiring little book

9. Be Happy and Grateful - write a gratitude letter daily

It's not easy to always be grateful for the human experience and daily challenges can feel overwhelming but by writing about the good things in life you are imprinting

The Creation Guide to Winter Immune Health. Justine's Top 10 Tips!

positivity and gratitude into your life. An excellent book to read is *The Secret* by Rhonda Byrne or *The Magic* by Rhonda Byrne.

10. We are all different and need individual support but here are my favourite Immune Support Supplements:

Astaxanthin – powerful antioxidant that boosts the immune system. Exhibits strong free radical scavenging activities or take **Vitamin C** - minimum of 1000 mg of vitamin C daily – up to 5000 mg (Magnesium ascorbate)

Colloidal Silver - powerful antimicrobial effective against bacteria and virus. Take for up to 10 days but 4 days often is enough. Spray on affected area 5-10 sprays up to 4 times per day. Half dose for children

Vitamin D3 - as above

Spagyric Remedy: PS117.1 + Vinca-Rhus Tox and Juniperus. Take daily for 2/3 months as immune support. 7 drops in water three times per day and up to 20 drops three times per day in acute cases. **This remedy contains some fabulous immunity super products – Echinacea, Propolis, Thuja, Thyme, Neem, Siberian Ginseng amongst others.**

Phylak Spagyric remedies are a fascinating combination of herbal medicine, homeopathy, aromatherapy and mineral therapy. They are totally non-toxic so are **safe to use on infants and during pregnancy – in fact, there are no known contraindications.** The preparation process utilises the beneficial elements of the plants (mineral salts, trace elements, water, essential oils and the “energy of the plant”) and produce a tiny amount of alcohol. Remedies are taken in tincture form, like Bach flower remedies although if you have concerns due to the alcohol content use them as body or room spray, added to bath water, as a topical cream or as an inhalant. If you wish to buy a Spagyric or want to organise a consultation for a Spagyric Remedy see my website [Justine Evans](http://www.justineevans.co.uk)

Justine Evans ND is a Hormone Alchemist and Fertility Expert with over 17 years experience in clinical practice. She has a degree in Nutritional Medicine, is a Registered Naturopath and has a plethora of complementary therapy disciplines. This guide should be considered as her opinion only and should not be treated as medical support or recommendation. It is always preferable to be assessed on an individual basis to ensure your personal health needs are being met. If you wish to arrange a consultation with Justine please contact her on 07747 133170

References:

JustineEvans.co.uk

Create Health Booklet by Justine Evans £6.99

<http://dailyhealthpost.com>

Justine Evans ND - Hormone Alchemist and Fertility Expert [Creation Fertility](http://www.creationfertility.com) [Justine Evans](http://www.justineevans.co.uk)
07747 133170

The Creation Guide to Winter Immune Health. Justine's Top 10 Tips!

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Why not consider clearing stagnant energy when boosting your immunity. Here are some details of a workshop!

Workshop: Clear Your Space – Energetically

Title	Date	Where	Includes
Clear Your Space Energetically	Thursday 6 th Nov or Monday 8 th Dec 10 am – 4:00pm	Hampton Hill £60	<p>Have you ever wanted to clear your space but don't know how? This workshop</p> <ul style="list-style-type: none"> • Introduces the Angelics of the North South East and West and their associated Totem Animals. • I explain how you can call upon them to help clear your energy and protect your space. • Experience a Tibetan Internal Cleansing Practice Meditation • Learn how to Clear Your Space with Smudging whilst drawing in Ganesh energy. • Attendance certificate and workbook provided. • More details at Clear Your Space Energetically

JustineEvans.co.uk or telephone Justine on 07747 133170 to confirm your attendance.

The Creation Guide to Winter Immune Health.

Justine's Top 10 Tips!

Recipes To Support Immunity :

Teas:

Alfalfa: An antioxidant tea, which is an anti-fungal, and astringent. It supports the liver and hydrates the skin. Useful when you are suffering with diarrhoea.

Dandelion: Cleanses the blood and liver and stimulates bile production, generally aids kidney function.

Echinacea: A terrific immune booster, fights viral, bacterial infections and inflammation.

Ginger: One of my favourite teas – fights inflammations, eases stomach cramps, reduces nausea and migraines, eases morning sickness and stimulates the circulation. It also relieves cold and flu symptoms and relieves menstrual cramps and is delicious combined with lemon or honey.

Ginseng: An excellent tea to drink during times of stress – it increases the body's

resistance to stress by strengthening the adrenal glands and also helps blood sugar imbalances and enhances immune function.

Green Tea: Very high antioxidant value so supports skin and immunity plus believed to increase the metabolic rate.

Milk Thistle – excellent liver cleanser and antioxidant.

Nettle: Excellent tea which cleanses the blood and aids detoxification by enhancing kidney function. Also good for respiratory problems.

Pau d'Arco: Cleanses the blood and fights bacterial and viral infections and is good if you suffer from candida.

Peppermint: A well-known tea to ease digestion – increases stomach acidity and eases colds and catarrh

Justine's Green Chai

1-2 organic green tea bags
3 mugs boiling water
Half a cinnamon stick or pinch dried cinnamon
2-3 green cardamom pods
Pinch saffron
Pinch dried ginger or a little grated root ginger
Honey to taste
In a saucepan pour 3 mugs of water. Add cinnamon, cardamom pods, saffron and ginger plus green tea bag. Add a glug of honey (Manuka is best) and simmer. The end result is a fragrant tea which is a powerful antioxidant.

Immune Boosting Tea

2.5cm grated root ginger
2.5 cm sage – use leaves only
2.5 cm thyme – use leaves only
Slice lemon
Dash of cayenne pepper

Add ingredients to hot water. Stand for about 5 minutes. Strain if you wish and sip slowly.

Spirulina Truffles

125g ground almonds
1 tsp spirulina powder
1 tsp ground flaxseeds
1 tbsp clear honey or Manuka honey
3 tbsp water

Cinnamon, for rolling the truffles in
In a bowl mix the almonds and the spirulina, then fold in the honey. Add the water until it turns into a paste. Shape into small balls, and roll in cinnamon, to make a home-made treat.

Kefir Milk:

The kefir grain thrives in raw milk. Leave the grain in milk for 24 hours then drain the milk in a thin mesh sieve and put the kefir milk in a jar. Leave for 24 hours outside the fridge for optimum probiotics (the thinking is if left out that long then it becomes more sour not so it becomes sour in the fridge, but instead increases in probiotics). The curds and whey will separate so before serving stir.



The Creation Guide to Winter Immune Health.

Justine's Top 10 Tips!

If you leave a further 24 hours you'll have cheese. Pour content into a muslin over a sieve tie muslin hang and leave till all the whey comes out into a bowl below. You can bath in the whey - I am told this is good for eczema.

Kefir can be bought from
<http://www.culturedprobiotics.co.uk>

Dr. Myhill's Kefir Recipe

www.drmyhill.co.uk

Dr Myhill has been growing Kefir for years. She recommends the following recipe and suggests using soya, oat, nut milk, rice milk or coconut milk

Method: Pour 1 litre Soya milk in a jug, add the Kefir sachet and leave at room temperature. It should become semi solid within about 12-24. Once a semi-solid state has formed place it in fridge to ferment further. She says that the slower fermentation seems to improve the texture

and flavour. However, Once the kefir is down to nearly the bottom, add another litre of soya milk, stir it in and away you go again.

Dr Myhill says that she doesn't bother to wash up the jug – she just stirs the slightly hard yellow bits on the edge to restart the brew and this saves on Kefir sachets. Kefir milk can be used instead of cream or custard.

Kefir Smoothie:

Mix a mug of kefir milk with a banana, some raw honey, 2 raw egg yolks and some coconut oil - blitz in the smoothie maker or blender to make a healthy breakfast.

Here's a you tube link to show the process. There are 3 parts

<http://www.youtube.com/watch?v=PCvDKrHUutE&feature=related>

Stewed Healing Apples

6 Bramley cooking apples (or apples of choice preferably grown organically)

1/2 cup water

1/2 cup raisins/sultanas (for added sweetness and fibre)

2 tsp. cinnamon

Peel and core the apples and chop them into small evenly sized pieces. Put all the ingredients in a covered, heavy-bottomed pan and cook for about 15 minutes, stirring regularly. Cook until soft with rough shapes, no longer identifiable as apple slices. The colour should be a russet brown with the cinnamon effect. These may be eaten warm, or cold. It is suggested to make up as many ramekins (sized to hold 1 – 1.5 apple equivalent in each), cover and put in the fridge for ease.