

# Recipes To Support Immunity

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## Recipes and Ideas To Support Immunity :

For more suggestions and reasoning look at [Top Tips to Support Your 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



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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.

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](http://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.

### **Use Traditional Remedies**

Here are some suggestions but there are plenty more such as Turmeric, Neem, Aloe Vera, Bicarbonate of Soda, Royal Jelly, Propolis, Bee Pollen.

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 and covered) and put in the fridge for ease.

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- **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.
- **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.**

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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.