

HEALTHY EATING HABITS

Eat only when hungry. Avoid eating out of boredom.

Keep each meal simple. Variety can be spread out through the day.

Eat in a relaxed state of mind and environment. Avoid eating when working or emotionally stressed.

Avoid grazing and excessive between-meal snacks. Stick to regularly spaced meal times.

Avoid overeating. Stop when you are satisfied, before you are full.

Drink a half-hour before meals to stimulate digestion: a glass of water with lemon juice or apple cider vinegar, or broth with miso.

Opt for whole foods rather than overly processed foods (no white foods, no deep fried, no additives).

Opt for locally grown food, seasonal produce, and organic whenever possible.

Choose from a wide variety of fruits and vegetables. Vary the type: root, squashes, cruciferous, etc. And vary the colour, dark green, orange, red, purple, etc. Eat leafy greens daily.

Avoid added sugar found in baked goods and other desserts, boxed cereals, soft drinks, coffee chain drinks, candy, processed foods, some breads, bagels, etc.

Limit dairy and red meat.

Opt for whole grain, sourdough bread.

Drink fresh, clean water. Drink non-caffeinated herbal teas, green tea, broth.

Eat fish and sea vegetables regularly.

FOODS THAT SUPPORT THE IMMUNE SYSTEM

Astragalus root is part of the pea family. It can be added to soups, made into teas or taken as a tincture. Astragalus is widely used in Chinese herbal therapy to strengthen resistance to illness.

Chicken soup is known as “Jewish penicillin” because of its ability to relieve cold and flu symptoms. Wash, cut up and cover with water one chicken. Simmer slowly with carrots, onions, celery for about 2 hours; add a bunch of fresh parsley for the last half hour.

Flaxseed oil. Add 1 tsp of flaxseed oil to your food daily. Do not heat or cook with it. Store in fridge.

Miso is a fermented soya (and grain) condiment. Use it instead of salt or soya sauce. Mix into the broth you get from steaming or boiling vegetables, as a digestion-stimulating pre-meal drink.

Mushrooms. Shiitake, maitake, reishi have all been studied for their help with cancer. They all contain immune modulating substances. Add to any cooked dish. Dried mushrooms can be soaked in boiled water and the liquid drunk as a broth or used to cook rice.

Garlic has antibiotic, antifungal, antiparasitic and antiviral properties. Raw garlic is more effective than cooked. Crush a clove into a teaspoon of honey to soothe a cold or sore throat, or make garlic lemonade by mixing 2-3 cloves chopped garlic, the juice of 1 lemon and a touch of raw honey or maple syrup into a litre of water.

Yogurt. Whole, plain yogurt, containing live bacteria will help the body maintain healthy intestinal flora, which in turn stimulate a healthy immune system. Tzaziki (Greek) or raita (Indian) combines the healthful properties of yogurt and garlic in a delicious condiment.

Those who are pregnant, lactating or suffering from a particular condition should consult their natural health practitioner for more details and precautions.