



DECADENT IMMUNE BOOSTING FOODS AND RECIPES

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by

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INTRODUCTION:

Your immune system plays an important role in the human body. It helps keep you safe from a range of harmful materials such as germs, viruses, and bacteria that could make a person ill.

This complex system is meant to help people stay as healthy as possible. It helps fight off sickness and disease when they do strike. When the immune system is strong and working as it should, people don't notice it at all. It functions in the background. However, when there is a problem with the immune system, it means you might be more likely to become ill.



Food Can Help Your Immune System

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Get Started with the Right Foods for a Better Immune System

Throughout the pages of this book, we will be looking at some of the best and tastiest foods that you can start adding to your diet today to give your immune system the boost it truly needs. In addition to exploring some of the different types of food, we will also include some recipes that you can start using. Using this book as your starting point for healthy eating that will help to improve your immune system. There are plenty of recipes you can enjoy while giving your body the foods the immune system needs.



CHAPTER 1

When you take care of your immune system and eat the right foods, you will find that it can help you better fight off the flu, colds, and other types of infections and illnesses. If you want to strengthen your immune system, it starts with the food you are putting into your body.

In this chapter, we'll look at some of the best foods to add to your shopping list and why they should be added. In the next chapter, we will provide you with a few recipes to help you get started.



Almonds are packed with vitamin E, which is an antioxidant and great for the immune system. You can eat half a cup of almonds a day and get all of the vitamin E that your body needs. They could be eaten plain, as a snack, or they could be added to your yogurt or slivered and added to a salad.

While they are delicious, you will want to make sure that you are getting healthy almonds to eat. This means you should avoid those covered in a sweet, sugary coating.



Beets are filled with antioxidants, which make them an ideal anti-inflammatory food. They are filled with nutrients including magnesium and potassium and help repair your cells while boosting your immune system. They are also healthy sources of vitamin A, vitamin B, and vitamin C.

You can use them in salads, you can eat them on their own, and you can find a range of recipes in which to use them. They can often work quite well when they are added to a smoothie. Beet slaw is another good option. It's an excellent source of nutrients, good for the gut health, and great for immunity.



Blueberries are a popular berry, and they are also one of the healthiest. They are bursting with antioxidants like quercetin, which help to fight inflammation. Some studies have even found that eating blueberries can help to slow cognitive decline and improve memory.

While blueberries are a great option to add to your diet, you have to do it right. Ideally, you want to eat raw blueberries. They can be added to cereal, oatmeal, pancakes, salad, and more. What you want to avoid is eating sugary blueberry treats. Eating a handful of blueberries is not the same as having a slice of blueberry pie.



Broccoli is a cruciferous vegetable that is filled with nutrients. It is high in fiber and antioxidants like quercetin, as well as vitamins A, C, and E. It's one of the best foods that you can eat, but you will want to be careful with how you consume it. It also contains sulforaphane, which helps the body to generate its own antioxidants.

As with many vegetables, the best option will be to eat it raw, as this will ensure you are getting the most nutrients from the broccoli. If you are going to cook it, you should steam it, as this is the best way to keep as many nutrients in the food as possible. You will find that this is true with many different types of food, not just broccoli.





CHIA SEEDS

You will also want to consider adding a range of different seeds to your diet, such as chia seeds. Chia seeds are rich in antioxidants and contain a range of healthy essential fatty acids. They also include vitamins, A, B, D, and E, as well as minerals like magnesium, and sulfur. They help reduce inflammation and oxidative stress and are an excellent choice for a person's health.



CITRUS FRUITS

While many people have heard that drinking orange juice when you have a cold is good for you, it's even better when you take preventative measures and make citrus fruits a regular part of your diet. They are packed with vitamin C, which helps increase white blood cell production important to your immune system. There are many different types of citrus fruits that you can add to your diet daily.

Some of the most popular include:

- **ORANGES**
- **TANGERINES**
- **LEMONS**
- **LIMES**
- **GRAPEFRUIT**

You can have them on their own, in a healthy juice. Fresh squeezed is the best, but if you have to buy from the store, choose juice that is made from real fruit and not from concentrate, and that it doesn't have added sugar.



Garlic is found in many cuisines today, and most people love the taste. It's believed that the immune-boosting benefits of garlic occur because of the sulfur-containing compounds that are found within it. Garlic has long been used by many cultures as a means of fighting off infection. A study from Ohio State University from 1998 found that garlic could help slow hardening arteries ¹.

The allicin in garlic, one of the sulfur compounds, has antifungal, antibacterial, and antiviral properties that help make it a great option to add to your immune-boosting diet.



Ginger can help to modulate the immune system, as well. It's been used for many years and by many cultures. It can help with reducing issues with a sore throat and helping with inflammatory illnesses according to a 2013 study published in the International Journal of Preventative Medicine. It can be used in a range of different types of recipes and is often used for desserts ².



One of the benefits of red bell peppers is that they are rich in vitamin C. Peppers have nearly three times as much as an orange when compared ounce-for-ounce. They are also a good source of beta carotene, and antioxidant that has been shown to slow cognitive decline according to a study from the Harvard Medical School reported in the 2007 issue of Archives of Internal Medicine. The peppers can be eaten fresh when chopped up and put into a salad. They can be used in various stir-fries, they can be stuffed and baked, and much more.



Another vegetable, spinach, is often considered a superfood. It has a lot of vitamin C and beta carotene, as well as antioxidants that can help the immune system. You can eat spinach raw and as a replacement in salads for iceberg lettuce, for example. It has more nutrients and it tastes better.

As with broccoli and most vegetables, you'll gain the most nutrients when it is eaten raw. However, if you are going to cook it, you will want to cook as little as possible. Light cooking and steaming can help it to retain nutrients and it will help it become easier to absorb the vitamin A that it contains.



One of the best ways to get protein when eating healthy, while also boosting your immune system, is to buy salmon. Not only will you have a healthy serving of protein, but you will also gain essential omega-3 fatty acids.

The omega-3s are anti-inflammatory and could help to lower the risk of disease while nourishing your immune system according to a 2019 study published in the International Journal of Molecular Sciences.



More Immunity-Enhancing Foods to Consider

Keep in mind that the above are just some of the different types of foods that you will want to add to your diet to help boost your immune system and keep you healthy. Other great choices include:



- Walnuts, as well as almonds and pistachios, are filled with vitamin E, which helps the immune system fight off bacteria ³.
- Yogurt has probiotics, which help boost the immune system ⁴.
- Onions have immune-boosting ingredients like selenium, zinc, vitamin C, and sulfur compounds ⁵.
- Turmeric has antioxidant and anti-inflammatory properties to help fight off infection ⁶.
- Sunflower seeds (unsalted and unflavored) are a rich source of vitamin E, which helps to fight free radicals ⁷.
- Green tea is packed with antioxidants to help strengthen the immune system ⁹.
- Papaya provides a substantial amount of vitamin C to the diet, which makes it a great option for your immunity.
- Kiwis are chockful of vitamin C to boost the immune system.
- Poultry (free-range or organic) has amino acids, which the body can use to build antibodies to fight infection ¹⁰.
- Shellfish, such as oysters and crabs, are a good source of selenium, which is a mineral and an antioxidant that can help to maintain a healthy immune system ¹¹.

Make these a part of your diet, and you will find that you never run out of great tasting food and fun recipe ideas.

Simple Recipes to Help Boost Your Immune System

In this chapter, we will provide you with some simple recipe ideas and tips that to help boost your immune system. Try these recipes or make up your own. Just remember to include a wide variety of color and foods to include the most vitamins, minerals, and nutrients your body needs. You can make sure that you are eating healthy and that you are never getting bored with your new dietary lifestyle.

GARLIC AND GINGER DRINK (and alternatives)



GARLIC
1 clove



FRESH GINGER
1" piece



LEMON
½ piece



HONEY
½ piece



BOILING WATER
1 cup



- Chop the ginger and the garlic into fine pieces
- Place the ginger and garlic into a mug
- Once the water is boiled, pour in 1 cup
- Add the juice of the ½ lemon
- Add raw honey or stevia to the sweetness level you desire

If you would like, you could play around with this recipe to make some alternatives that might be more suitable to your tastes. For example, you could remove the garlic and then add more lemon juice to provide a citrus zing to the recipe. It's all about experimenting and finding the solutions that work best for you.

GARLIC AND CITRUS SALMON



GARLIC
3 cloves



SALMON FILET
4-5 ounces



LEMON
2 pieces



SALT AND PEPPER
4-5 ounces



BUTTER
6 tbsp.



HONEY
2 tbsp.



OREGANO
1 tbsp.



- Preheat oven to 350F.
- Line Pyrex dish with parchment and grease with coconut oil or olive oil.
- Place the sliced lemons at the center of the tray in a single, even layer.
- Season the salmon filet with the sea salt and pepper and place it atop the lemon slices.
- Add the garlic, oregano, honey, and butter into a small bowl and whisk it together.
- Pour the mixture over the salmon.
- Cover the salmon tightly and bake for about 22 to 25 minutes, followed by two minutes of broiling.
- Remove and serve.

This easy recipe combines several of the foods that were mentioned earlier into a great dish. Serve this alongside some spinach or broccoli for a great meal. It's easy and packed with goodness.

ELDERBERRY SYRUP



DRIED ELDERBERRIES
½ cup



FRESH GINGER
1 tbsp.



WATER
2 cups



RAW HONEY
½ cup



- In a saucepan, add all of the ingredients except for the honey and heat them on high until it boils.
- Reduce the heat so the mixture simmers. Keep it simmering for about 20 minutes until the water is reduced by about half.
- Pour the mixture through a fine strainer into a bowl. This will let you harvest the liquid while ensuring the skins of the elderberries are removed.
- Let the liquid cool in a bowl until it reaches room temperature.
- Add the honey and stir it together with a whisk until it is smooth and blended.
- You can then put it in the fridge, where it can last for about two weeks, or freeze it and then thaw it before you need it.
- This should make about 50 servings.

Elderberry syrup tastes great and can help you to boost your immune system. Add to water for a refreshing drink packed with immune-boosting properties! You could even freeze it into ice cubes and then place that into your water or some iced tea. It provides flavor and boosts the immune system at the same time.

FOODS TO AVOID

Now, it's time to look at a list of some of the foods that you should remove from your diet as soon as possible. They are unhealthy and they cause inflammation and weaken your immune system.

What Types of Food Cause Inflammation?

There are many foods that you will want to cut out of your diet, or at least limit greatly if you want to have a healthy body and a strong immune system. The list below covers the main types of food that are immunity-destroyers and should be eliminated from your diet:

- **FATTY RED MEAT** should be avoided, but according to a study in the Asia Pacific Journal of Clinical Nutrition, lean red meat is a good source of protein, omega-3 fatty acids, vitamin B12, niacin, zinc, and iron. When trimmed of visible fat, lean red meat is part of a good diet ¹².
- **PROCESSED MEAT** and other processed foods
- **MARGARINE, SHORTENING**
- **BEVERAGES SWEETENED WITH SUGAR**, such as soda
- **REFINED CARBOHYDRATES**, such as pastries or white bread
- **FRIED FOODS**
- **PACKAGED FOOD WITH ADDITIVES, PRESERVATIVES, AND CHEMICALS**
- **SUGAR**, including refined sugar, agave, processed honey, and sugar cane
- **ARTIFICIAL SWEETENERS**
- **CONDIMENTS** like ketchup, soy sauce,
- **VEGETABLE** oils including canola, corn, and safflower – use coconut or olive oil

We understand that it can be hard to eliminate these from your diet. Sometimes, you might want a taste of someone's birthday cake when you are at a party, or you might want to have a burger.

While it's common that most people will let temptation get the better of them on occasion, you must strive to cut out these foods from your main diet. A good way to ensure you stay on the right path is begin by limiting and reducing those unhealthy foods one step at a time. We're all human, and it can take some time to get to where we want to be.

Try to make healthier choices when at a restaurant. When food shopping, try to stick to the outer edges of your grocery store where they offer fresh vegetables, fruits, full-fat dairy, free-range poultry and wild-caught fish. Keep it healthy and your immune system will thank you for it.

If you are ever in doubt over how healthy or unhealthy a type of food might be, take the time to look it up. Always know exactly what you are putting into your body and how it will affect you.



CONCLUSION:

As you have seen there are some great foods that you can start eating right now that will help to give your immune system the boost that it needs. They are not only healthy, but they taste great and should be easy to add to the shopping list. We've also discussed some of the types of food that you will want to avoid.

In addition to eating the right foods, you will always want to make sure that you are getting plenty of exercise. Some exercise each day can help to keep your inflammation down and your immune system functioning at peak performance. You have the knowledge that's needed to make a change in your life and your wellbeing. These smart alterations to your diet, so you can start to thrive.



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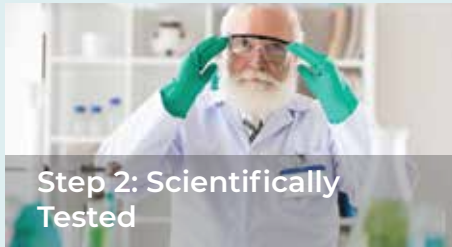
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<https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system>

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