



FLU FIGHTING FOODS

Holistic nutritionist Ally van de Pol shares her tips for boosting immunity through food

Right now we all want to be Covid-proof. Through better eating habits we can ensure our bodies are working as optimally as possible. Holistic nutritionist and head coach at Dragon Fitness and Coaching Ally van de Pol shares her guide to improving your immunity through food.

Eat more fruit and veg

These guys are full of vitamins, minerals, enzymes and phytonutrients. Fill at least half of your plate with raw fruit and vegetables each meal. Raw is preferred over cooked as cooking reduces the protein in all food by 50 percent, various vitamins and minerals are also reduced up to 90 percent. Without nutrients, some processes may not happen or may be sub-optimal.

Eat organic as much as possible

Food that is grown in nutrient depleted soil where pesticides have been used, reduces its nutrient value. Produce can also lose nutrients when it has had to travel long distances and is picked before ripe. Unfortunately soil nutrient levels have plummeted over the years because of overuse of pesticides.

Minimise animal products

Eating meat, dairy and eggs causes inflammation even if it is organic. Most animal products that people eat contain antibiotics, hormones and in the case of dairy, pus.

Many studies have shown that processed and unprocessed meat is carcinogenic and comes with a side helping of saturated fat and cholesterol.



Minimise or remove processed food

Most processed foods contain either high amounts of sugar or processed oils (sometimes both). These are dead foods that bring little or no nutrients to the table, plus they put extra pressure on your whole system.

Being healthy and having good immunity is a lifelong journey and is best approached by making incrementally small changes to improve your overall health. However other parts of our

lives should be as healthy as possible too.

It's important to get enough quality sleep, reduce stress, exercise daily, drink sufficient pure filtered water, get enough sunshine, minimise alcohol and tobacco use and reduce exposure to chemicals. Eating better while disregarding these lifestyle habits is like trying to fill a bucket with holes full of water. 🙄

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