



Integrated
Wellbeing
Centre

Newsletter

JUNE 2016

Let's Talk Immunity

Winter. What comes to mind when we say the word 'Winter'? Is it chilly Saturday morning's watching the children play sport, the warm crackle of aromatic fire or is it like most, the overwhelming dread of the upcoming flu season? Well fear no more, this month's newsletter is all about how to boost your immunity, prevent colds and flus and generally increase your health this winter. Now grab a nice warm cup of tea, relax and start your way to a warmer winter.

Build your immunity in 7 days

Monday - Get more garlic. Garlic is vital for the immune system as it contains Vitamins A, C & E, minerals, selenium, sulphur & zinc. Tip - add crushed garlic to pasta sauce.

Tuesday - Explore a Superfood. Seaweed is a good source of Zinc and reduces the risk of infection. Tip - add kelp, nori, akrame to soups, salads and stir-fries.

Wednesday - Soak up some sun. Vitamin D protects against illness and chronic disease. Tip - aim for 10-15 mins a day in the sunlight without sunscreen.

Thursday - Water water water. Water is used by the body to flush out toxins and waste products. Hint - have a glass of water with every meal.



Friday - Dose up on Vitamin C. It is a powerful Antioxidant and immune booster. Tip - Eat more citrus.

Saturday - Enjoy some yoghurt. Highly nutritious fermented food has the ability to improve digestion and boost the immune system. Tip - look for 'live and active cultures and bacteria' seal on the yoghurt you buy

Sunday - Think Zinc. Zinc is needed for the production of white blood cells which protect against colds and infection. Tip - Eat some meat, dairy and wholegrain foods.

Information sourced via bodyandsoul.com.au—Lisa Guy

If you are unlucky enough to catch the flu or a cold the following may help in reducing the severity and duration.

Vitamin C: Ultra Potent: Reduces the severity of colds, provides nutrients for immune support and maintenance.

ArmaForce: Supports healthy immune system and can relieve the severity of colds, sore throats and feverish conditions.

Formula 5: Helps relieve symptoms of allergies, catarrh, colds, sinusitis and hay fever; great for babies and children!

Formula 12: Supports the immune system and is great for babies and children.

www.integratedwellbeing.com.au

Beef Bone Broth

by www.epicurious.com

YUM

Remember, bone broth is rich in minerals that support the immune system and contains healing compounds like collagen, glutamine, glycine and proline. The collagen in bone broth heals your gut lining and reduces intestinal inflammation. Season and sip this restorative broth on its own, use it as a cooking liquid for grains or legumes, or deploy it as a base for sauces and soups.

Information from www.draxe.com

Ingredients

- 1.8kg beef bones (preferably with a little bit of meat on them)
- 2 medium unpeeled carrots, cut into 2 inch pieces
- 1 medium leek, end trimmed, cut into 2 inch pieces
- 1 medium onion, quartered
- 1 garlic head, halved crosswise
- 2 bay leaves
- 2 tablespoons black peppercorns
- 1 tablespoon cider vinegar
- 2 celery stalks, cut into 2 inch pieces
- You will need a large stockpot or slow-cooker

Method

1. Pre-heat oven to 230deg
2. Roast beef bones, carrot, leek, onion and garlic for 40mins (turning at 20mins)
3. Fill your large stock pot/slow cooker with 12 cups of water. Add celery, bay leaves, peppercorns and vinegar. Add the roasted vegies and beef bones along with any juices.
4. Cover the pot and bring to the boil. Reduce heat and let simmer with the lid slightly ajar for at 8 hours. Check water levels to ensure bones and vegetables are covered.
5. Remove pot from heat. Strain broth using a fine-mesh sieve, discarding bones and vegetables.
6. Leave to cool before refrigerating overnight.
7. Remove solidified fat from the top of the chilled broth.

Tips

The longer you cook this nourishing broth, the more savoury and concentrated it will become. Roasting the bones and vegetables beforehand will add even more flavour and richness.



Six Reasons to Drink More Water

1. **Helps to maintain the balance of bodily fluids**
2. **Water can help control calories**
3. **Water helps energise muscles**
4. **Water enhances the appearance of your skin**
5. **Water helps your kidneys**
6. **Water helps maintain normal bowel function.**

Ways to increase your water intake

- **Have a drink with every meal**
 - **Add lemon or lime to your water to create a flavour**
 - **Keep a bottle of water with you in the car or at work and remember to take regular sips**
 - **Eat more fruits and vegetables.**
- About 20% of our fluid intake comes from water.**

Info from webmd.com



20% off*



Ultra Potent-C Product of the Month

Ultra Potent-C combines a high dose of easily absorbable forms of vitamin C, together with zinc, vitamin E, betacarotene and rutin in an easy-to-mix-and-drink oral powder for immune system and antioxidant support. Please seek advice from your health care professional to see if this product would be suitable for yourself.

*20% off Ultra Potent-C for the month of June. Information from bioceuticals.com.au

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