

Immunity Boosting Foods

With the summer party season behind us and winter approaching there's no better time than right now to rebuild the immune system. Before opting for the magic pillbox consider upping your intake of these Immune Boosting Foods.



- *Mushrooms* – Maitake, Shitake and Reishi all have a high content of Beta-1,6-glucan, a powerful substance which has been shown to prevent carcinogenesis, inhibit the growth of cancerous tumours, kill HIV and enhance the activity of key immune cells (aka T Helper cells)
- *Cabbage* – high in glutathione – powerful antioxidant and detoxifier of heavy metals and drugs; our levels of glutathione decline as we age
- *Grapefruit* – high in vitamin C and packed with flavanoids - especially potent antioxidants. Flavanoids are chemical compounds that plants produce to protect themselves against bacteria, parasites and cell injury.
- *Oysters* – high in zinc, an important nutrient involved in wound healing and immune function
- *Wheatgerm* – as well as being a good source of fibre, it's high in Vitamin E and B group.
- *Garlic* – the sulphur compounds in garlic have potent anti-microbial properties, as well as being protectants against oxidation and free radicals. Garlic also contains high levels of Vitamins A, C and selenium.
- *Brussel Sprouts and Cauliflower* – contain indoles, which increase immune activity and make it easier for the body to excrete toxins.
- *Broccoli* – contains a chemical known as sulforaphane, a phytochemical which activates the cell to get rid of carcinogens before they can cause any damage
- *Kidney Beans, Chick Peas and Soybeans* contain saponins, which may prevent cancer cells from multiplying.

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