



Nourish and Revive

~ Holistic Health, Allergy and Nutrition ~

Immunity Reference Guide

Prevention – Immunity Support – daily recommendations

Health tips – Wash your hands frequently, get enough rest, exercise and breathe deeply!

Healthy Foods – Organic fruits, vegetables and salads – *eat at least ½ of your veggies raw*. Apples, asparagus, avocados, beans, beets, bell peppers, berries, broccoli, Brussels sprouts, carrots, cauliflower, garlic, grapefruit, grapes, onions, oranges, pumpkin, peas/snow peas, squash, spinach, strawberries, sweet potatoes, tomatoes, winter greens and more!

- Take 1 tsp. organic coconut oil or ½ avocado. Healthy fats such as butter, nut oils, hemp oil, olive oil or coconut oil.
- Eat ½ g of protein per pound of body weight daily (organic when possible); oysters, red meat (organs), eggs, fish, lamb, poultry, beans, nuts, seafood, seeds, whole grains and raw dairy products.
- **Probiotics** – Kombucha, kefir, Greek yogurt, kimchee, miso, pickles, sauerkraut or supplementation. (Prosynbiotic, Flora Synergy (regular or chewable). Did you know that 80% of your immune system lives in the gut?)

Vitamin D – at least 2000 IU – Naturally occurring in Cod Liver Oil or take supplementation (D3-K2).

Flu-tone – 1 dropper/month in place of a flu shot.

For Jet Lag: **Phyto Rad** is a full Body Nutritional Support – Often, Phyto Rad is often deemed the fountain of youth.

Sick – Respiratory and Sore Throat Ideas – Take daily until symptoms subside for 2 days

- Crush six cloves of garlic and mix it with 1 tsp. of raw honey. Stir well and eat many times a day.
- **Throat Coat Tea/ Herbal Throat Spray** – Soothes irritated throats.

For Congestion:

- **Congaplex (best for congestion)** – 1 capsule/hour until symptoms reduce, then 6/day.
- **Sinus-Tone + Bacteria-Chord + Drainage-Tone** – 1 dropper each w/meals until symptoms reduce, then 2 droppers each/day.

For Allergies:

- **Antronex** – 2 tablets/hour until sinuses clear, then take 6/day. Natural histamine and healthy liver function support.
- **Allerplex** – 3 capsules – 3 x day until sinuses clear, then take 3-6/day. Natural histamine and healthy liver function, supports the body's ability to handle seasonal, environmental and dietary challenges.



Sick – Cold & Flu Relief Ideas – Take daily until symptoms subside for 2 days

Health tips – Get plenty of rest. Drink extra water. *Avoid stress, dairy, sugar and wheat*. Exercise lightly and take Epsom salt baths daily. (Removes toxins, promotes circulation and relaxation.)

Healthy Foods – Organic vegetables, garlic, turmeric, oregano, cinnamon, cloves, mushrooms (especially Reishi, Shiitake, and Maitake).

Grandma's Advice is still best –Make homemade bone broth and sip as a beverage or use as soup base.

Immunity Tea – Xenoforce – 3 capsules – Add to hot water – tastes great as a hot tea with honey! High in vitamins A and C, minerals, antioxidants and contains a variety of healing herbs such as Echinacea and Ginger.

Immunity Boosting Vitamin

Combination: Vitamin A – 5000 IU, Vitamin B1, B2 – 50mg, B3, B6 – 100mg, B12 – 100mcg, Vitamin C – 500mg, Vitamin E – 22 IU, Magnesium 200mg, Zinc 20mg

For Cold: Echinacea C – 3 tablets w/meals

For Flu: Flu-tone + Drainage-Tone – 2 droppers each/day – Contains increased potency of the active ingredients found in Oscillococcinum with added support for all stages of the flu.

- **OR Oscillococcinum** – a mild form of Flu tone without drainage, but effective at beginning stages of flu symptoms.

Important: If cold/flu last longer than 7 days, or if you get repeated infections, consult your doctor. Consult your doctor before starting any wellness or exercise changes.



Bone Broth – from Nourishing Traditions

- 1 whole free-range chicken or 2 – 3#s bony chicken parts (*Note: Farm-raised, free-range chickens give the best results. Many battery-raised chickens will not produce stock that gels. If you are using a whole chicken, cut off the wings and remove the neck, fat glands and the gizzards from the cavity. Cut chicken parts into several pieces.
- 4 quarts cold filtered water
- 2 tablespoons vinegar
- 1 large onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 3 celery stalks, coarsely chopped
- 1 bunch parsley

Place chicken or chicken pieces in a large stainless steel pot with water, vinegar and all vegetables except parsley. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 6 to 24 hours. The longer you cook the stock will be richer and more flavorful. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

Remove whole chicken or pieces with a slotted spoon. If you are using a whole chicken, let cool and remove chicken meat from the carcass. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

The above nutrition is only a suggestion for improving immunity. These products are not intended to diagnose, treat, cure or prevent any disease. Always consult with your health care professional before using any recommendations by Nourish and Revive. If you suffer from a medical or pathological condition, you need to consult with an appropriate healthcare provider. Children or pregnant/lactating women should not take herbs, honey or some vitamins; seek the advice of your family physician. Nourish and Revive is not a substitute for your family physician.