

## Boosting Your Immune System

### 3 Foods to Boost Your Immune System Naturally

- Mandy King, Holistic Nutritionist

Cold and flu season is in full swing, and if you haven't been sick yet, chances are you know someone that has been. Luckily, there are lots of foods that naturally boost your immune system and can help you stay healthy all winter long. As a nutritionist, here are three of my favourites that I often recommend to my clients:

#### 1. Fermented Foods

If you get sick multiple times a year, it's a sign that you need to eat more fermented foods and actually focus on your digestive health.



At first glance, your digestive health and immune system may not seem connected, but 70% of your immune system actually lives in your gut. So what can you do? Add fermented foods like kimchi, sauerkraut and even coconut based kefir into your daily routine and supplement with a good quality probiotic.

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#### 2. Garlic

The potent flavour of garlic works wonders on cold and flu bugs. Against certain bacteria, the anti-fungal and anti-viral properties of garlic are considered to be as potent as certain antibiotics. For maximum benefit, I recommend using garlic in its raw form. Here is what I do if I feel a cold or flu coming on, and this is not for the faint of heart:

1. Take 1 small, or 1/2 large clove of garlic, and mince it.
2. Then, mix it with 1 tsp raw honey (the honey should be raw to get the health benefits).
3. Then make sure as much of the garlic is covered by the honey and chew & swallow. \*\*



**\*\*Note:** I only do this once I've already eaten something so that it's not on an empty stomach. It can make you feel a bit of a burn as you digest it, but I promise it works.

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Mandy King is a Holistic Nutritionist and the Founder of [HEAL](#). (Healthy Eating And Living)

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## Boosting Your Immune System *Cont'd*

### 3. Ginger

Last, but certainly not least, is ginger. Ginger is an ingredient that has been used in Traditional Chinese Medicine for centuries, as it contains a compound called gingerol that helps boost the immune system. Ginger is particularly effective for colds that are in the nasal and throat area. If you're a tea drinker, place a few shaved pieces of ginger in a cup of hot water and let it steep for 10 minutes. Add 1 Tbsp. lemon juice and 1 tsp. raw honey and you've got a delicious, immune boosting tea.

For more information, visit [www.healthyeatingandliving.ca](http://www.healthyeatingandliving.ca) (Mandy will be appearing at Legacy soon...stay tuned for details on our website!)

## Mark Your Calendar - January Events

**Pre-Registration Required for Events. Call 604.240.8550.**

Open to Senior Adults & Family. No Charge To Attend.

**January 13 - 1:30 pm to 3:00 pm** (Registration at 1:30 pm)

**Retro Design & Antique Appraisal Event With Gale Pirie, an Accredited Appraiser** formerly known for her appearances on *CBC's Canadian Antique Road Show*. (Appraisals 2-3 pm)



The public is invited to bring your portable "treasures" and antiques for a free appraisal.

Pre-Registration is required along with description of item bringing for appraisal by **January 11th**. Call 604.240.8550

**January 20th - 2:00 pm to 3:30 pm**

**5 Signs You're Ready to Retire - Information Session and Meet & Greet Event** With Special Guests:

**Pravin Kumar**, First Vice-President & Investment Advisor and **Steven Vu**, Associate Investment Advisor. Join us for an informal Information Session and Meet & Greet on this timely topic.



Pre-Registration  
Required by  
**January 18th.**  
604.240.8550



The Pravin Kumar Group



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## About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

## Contact Us

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Now Open!

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