



Hi all

As we move into winter it is even more important that we look after ourselves so that we have good immune function to support us to fight off coughs, colds and infections that we come into contact with. If you have a healthy immune function and you do develop an infection, you are much more likely to bounce back quickly rather than it dragging on for weeks.

Adequate nutrient levels are important for healthy immune function. Nutrients such as vitamin C, vitamin D and zinc are also critical for a healthy immune function. We get vitamin D from the sun so supplementation is often needed over the winter

months. Foods high in vitamin C include bell peppers, dark leafy greens, kiwifruit, broccoli, and citrus fruits. We can get zinc from our foods but it is hard to get adequate levels through food alone, so a supplement may be necessary. Foods containing zinc include oysters, sunflower seeds, red meat, chicken and lentils.

Looking after ourselves includes getting adequate sleep, 7-8 hours is a good amount but some people need more. It's vital that your sleep is good quality sleep not disrupted sleep where you are getting up during the night to urinate. Broken sleep disrupts the production of our much needed hormone adrenaline. The need to get up during the night to urinate is often caused by a lack of bioflavonoids in our diet.

Regular exercise is also important for the immune system to ensure we are moving toxins out of our body via the lymphatic system which is stimulated through muscle movement.

Look after yourself coming into winter, keep warm, eat healthy, get some exercise and enjoy being cosy, Jenny



Is stress making me fat?

Our stress hormones are produced from our adrenal glands which are located on the top of our kidneys. One of the jobs of the adrenal glands is to produce the stress hormones adrenaline and cortisol.

When we are stressed whether it is from a tiger chasing us, a stressful relationship or just that we are rushing around with too much to do, our adrenal glands will produce these stress hormones. If this happens for months and years our adrenal glands get tired and you may develop adrenal fatigue. Adrenal fatigue can also cause you to get fat especially around the abdomen. This fat distribution increases your risk of cardiovascular disease and diabetes.

Stress hormones also have other effects on the body. If you are making lots of cortisol then the level of your sex hormones progesterone and estrogen decreases and hormone imbalances can result. Elevated cortisol also causes blood sugar and insulin levels to increase. With increased stress levels serotonin also drops leading to increased anxiety and depression. Food cravings may also increase.

So yes stress can contribute to weight gain. Maybe the answer to your weight loss is to relax more, cut down your work load, and take time to do the things you enjoy.

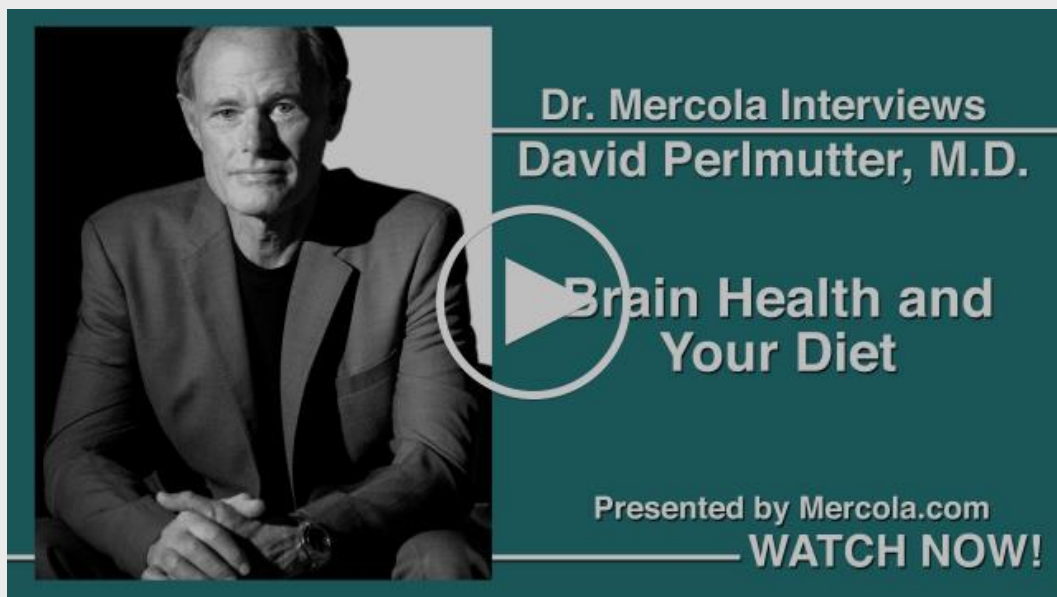


The importance of vitamin D3

As we move into winter our vitamin D levels start to drop as we have less exposure to sunlight. Vitamin D is a very important nutrient for the body. It has many functions including:

- Helping us fight infections including colds and flu's.
- Assisting calcium absorption for good bone health.
- Enhancing our mood and memory.
- Helping modulate the immune system to decrease our chance of developing autoimmune diseases such as Multiple Sclerosis and Inflammatory Bowel Disease.
- Reducing hypertension and atherosclerotic heart disease.

If you would like to discuss how you can make sure you have a robust immune system for winter call [The Naturopathic Clinic](#) on 022 017 6033



This is a very interesting video on the importance of a low carb, high fat diet for our brain. Dr Perlmutter talks about how we can regenerate brain cells to help prevent Alzheimer's disease. Research shows that diets high in carbs and elevated blood sugar is directly related to shrinkage of your brains memory centre. <https://www.youtube.com/watch?v=LTj9Vfx3CNg>



Kale Pesto

INGREDIENTS

1 bunch kale stems removed
2 cloves garlic - crushed
3 Tbsp. extra virgin olive oil
Juice from 1 lemon – can also add the zest
60g parmesan cheese
Salt and pepper to taste
½ fresh chilli (optional)

INSTRUCTIONS

1. Place kale in a bowl. Boil jug and pour boiling water over the kale so the kale becomes lightly cooked, then place the kale into cold water straight away to stop it cooking. Squeeze out the excess moisture.
2. In a kitchen whizz or blender whizz up the garlic, lemon zest, cheese, chilli until it is well blended.
3. Add the kale, oil, lemon juice, salt and pepper and blend until well mixed. Serve with raw carrots or celery, use in wraps or on pizza's

Source: original recipe form Sarah Wilson's I Quit Sugar book



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