



28 by Sam Wood

Immunity Boosting eBook

My top tips to boost your immunity all from the comfort of your home!

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G'day 28er!

I always say JERF - just eat real food! One of the reasons why is because food is so important and what we put in our bodies can have a great impact on our wellbeing. I've worked closely with our nutritionist Shahna to give you the best recipes and tips in this eBook!

Boosting our immunity has never been more important (especially in the cooler months) and I really hope this eBook helps you feel prepared. You'll find super yummy nourishing recipes, as well as plenty of tips and tricks that you can incorporate into your daily life to boost you (and your family's) immune system.

Let's stay strong together and eat well!

Love

Sam xx

Stay Active

In a time where we are likely to lose our structure, our routine or even access to our favourite gym , it is easy to understand why keeping active could be the furthest thing from your mind. What you need to realise is that exercise is a natural immune booster. Regular moderate intensity activity helps strengthen your body's cells, allowing everything to run a little happier, smoother and keeps sickness at bay!

Give this at home workout a go



Immune Boosting Foods

They say you are what you eat, so while eating well is important all year round it's even more essential during times like this. Focus on having plenty of nutrient-rich food like veggies and fruit and balance your diet with whole grains and lean protein. Go for ingredients that have immune boosting properties, whether they're antibacterial, antimicrobial or antiviral, try including some of the following into your diet.



Not to mention all of the foods that contain immune boosting nutrients that have been outlined above. My Anti-Inflammatory Turmeric Tea is one of my favourite way to kick-start the day.

Immune Tonic

Ingredients

- 4 cups boiling water
- 1 cup lemon, juiced (approx. 3 lemons)
- 2-inch fresh ginger, sliced
- 1 teaspoon ground turmeric (or 1 inch fresh turmeric sliced)
- ¼ teaspoon cayenne pepper
- 1 pinch ground black pepper
- 1 tablespoon raw honey

Method

1. Place all ingredients in a jug and stir well to combine. Leave to infuse for at least 12 hours.
2. When ready to drink, pour into a glass and enjoy.

Note: Can be served cold or warmed up to your desired temperature.



Immune Boosting Nutrients

While all nutrients play an important role in our overall health, these are some key nutrients you want to be consuming and where to find them:

Vitamin A



Ghee, butter, eggs and cheese, as well as animal organ meat like lamb or chicken liver. leafy green vegetables, along with orange fruit and vegetables.

Vitamin C



Citrus fruits (orange, lemon, lime, mandarin, grapefruit), berries, red capsicum and kiwi fruits. Vitamin C is heat sensitive, so to get the most of this nutrient aim to have these foods in their raw form.

Vitamin D



Foods such as fish, seafood, pork and eggs also may contain very small amounts of vitamin D so it can be good to incorporate these to boost our overall levels.

Vitamin E



Sunflower seeds, sesame seeds), nuts (almonds, hazelnuts, brazil nuts, pecans), olives and extra-virgin olive oil, salmon, nori seaweed, avocado and sundried tomatoes.

Zinc



Oysters, meat, sundried tomatoes, seeds (such as pumpkin seeds and sunflower seeds), nuts (especially cashews, pine nuts, brazil nuts and pecans) and cacao powder.



Warming Winter Dahl

Serves 4 Preparation 10 mins Cook 25 mins

Ingredients

1 cup basmati rice	2 cups red lentils
1 tablespoon extra-virgin coconut oil	1 cup canned coconut milk
1 brown onion, diced	3 cups filtered water
4 cloves garlic, minced	1 carrot, diced
1 teaspoon ground turmeric	4 cups spinach
1 teaspoon ground ginger	½ lemon
1 teaspoon garam masala	
½ teaspoon ground cumin	

Method

1. Start by cooking the basmati rice according to packet instructions.
2. Melt the coconut oil in a saucepan and add the brown onion. Sauté for 3-4 minutes, until it becomes translucent.
3. Add the garlic and spices, then sauté for 1-2 minutes, until golden and fragrant.
4. Next, add the red lentils, coconut milk, water and carrot to the saucepan. Cook for 15-20 minutes, until the liquid has absorbed and the lentils are cooked.
5. Remove from the heat and stir through the spinach.
6. Drizzle over some lemon juice and serve the dahl with the cooked basmati rice.

Chicken Bone Broth

Serves 8 Preparation 10 mins Cook 12 hours

Ingredients

1kg chicken bones*
1 brown onion, quartered
2 carrots, halved
3 stalks celery, halved
1 splash apple cider vinegar
Salt and pepper, to taste

*Preferably from free-range, organic chickens

Method

1. Add all ingredients to a large pot and cover with filtered water. Bring to a boil, then reduce heat and leave to simmer for 12 hours.
2. Remove from the heat and strain the liquid. Set aside the vegetables to eat or incorporate into another dish.
3. Drink the broth as desired, or use as a base in soups, casseroles, curries etc.

Store in a sealed bottle or jar in the refrigerator or freezer.

Note: This can also be done in a slow cooker for convenience.





Keep It Clean

Don't forget to keep it clean – both your diet and your home! I know it sounds simple, but keeping clean and soaping up your hands regularly is a must when germs are in the air. Viruses are passed from person to person, so avoid those germs by focusing on good hand hygiene, especially after being in shared office spaces and touching things everyone else does, like door handles and fridges, etc. Give your benches a good wipe down each morning before you start your day and make sure that your home is getting plenty of fresh air throughout.

Have you tried my Beets & Greens Cleansing smoothie yet? We've combined all of those liver-loving veggies in one to create the ultimate immune boost! Beets are a favourite of ours, containing betaine, which helps liver cells to eliminate those nasty toxins.



Beets & Greens Cleansing Smoothie

Ingredients

- 1 beetroot, scrubbed and chopped.
- 1 cucumber, chopped.
- 1 cup silverbeet, chopped.
- 2 stalks celery.
- 1 1/2 cup coconut water.
- 1 tablespoon chia seeds.
- 1 lemon, juiced.
- 1 2cm knob of ginger, fresh.
- 1 cup ice cubes.

Method

1. Place all ingredients into a high-speed blender and blitz on high until smooth.

⚡ Stress ⚡

Stress. It's a term that can be thrown around flippantly but it's something we all experience at different times.

We all strive for a "stress-free life" but, if truth be told, a little bit of stress isn't always a bad thing; for example, deadline stress can be a useful source of motivation to get things done.

When we're stressed and our body is in a state of fight or flight, our primary focus is on survival. As a result our immune system becomes suppressed and isn't able to function to the best of its ability. These are my top tips to help you de-stress

De-stress tip 1: Exercise!

Exercise releases those feel-good endorphins we so desperately need, and physical activity can also serve as a distraction from the everyday stresses of life.

Give this Yin Yoga practice a go



De-stress tip 2: Practice mindfulness

As someone who is always "go, go, go", ensuring I take at least five minutes out of my day to commit to my mindfulness practice is not just important, it's necessary. This was a gradual process and certainly not something that came naturally to me so don't worry if it seems a little strange at first. Whether it's yoga, listening to a podcast or using a mindfulness app, taking time to switch off is something I make part of my daily routine because I know it is important for my overall wellbeing.

De-stress tip 3: Go tech-free

Put down the device & switch off for a while

I always tell my 28ers that technology can be your best friend, or your worst enemy. If you find yourself feeling stressed about the number of emails in your inbox or what other people are getting up to on social media – it's time to switch off and reset.

De-stress tip 4: Nourish your body

Increase the amount of fresh & healthy foods in your diet

Drinking enough water, eating fresh, quality foods full of antioxidants can also have a huge impact on your mental wellbeing, not just your physical. Give this **Stress Busting Smoothie** a try next time you're needing to unwind. It's high in antioxidants, Vitamin B and magnesium to help bring those stress levels down.



Ingredients
1 1/2 cup coconut water.
1/2 cup frozen blueberries.
1/2 avocado.
1 tablespoon raw cacao powder.
2 handfuls of baby spinach.

Method
1. Place all ingredients in a high-speed blender and blend until smooth.

Never underestimate the power of feeding your body the right fuel and avoiding things that produce physiological stress, such as cigarettes and alcohol. Your body (and your mind) will thank you for it.

Do something that you enjoy and gives you some time out from your busy day to focus on you and relax your nervous system.

Golden Mylk

Serves 1 Preparation 5 mins Cook 5 mins

Ingredients

- 1 cup coconut milk
- 1 teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Pinch of ground black pepper
- ½ teaspoon raw honey

Method

1. Place the coconut milk and spices in a small saucepan over low-medium heat. Keep over the heat and stir until warmed through.
2. Pour into a mug and stir through the raw honey to serve.



Stewed Apple & Rhubarb Porridge

Serves 1 Preparation 10 mins Cook 15 mins



Ingredients

1 red apple, cubed
2 stalks rhubarb, cut into 3cm pieces
½ orange, juiced

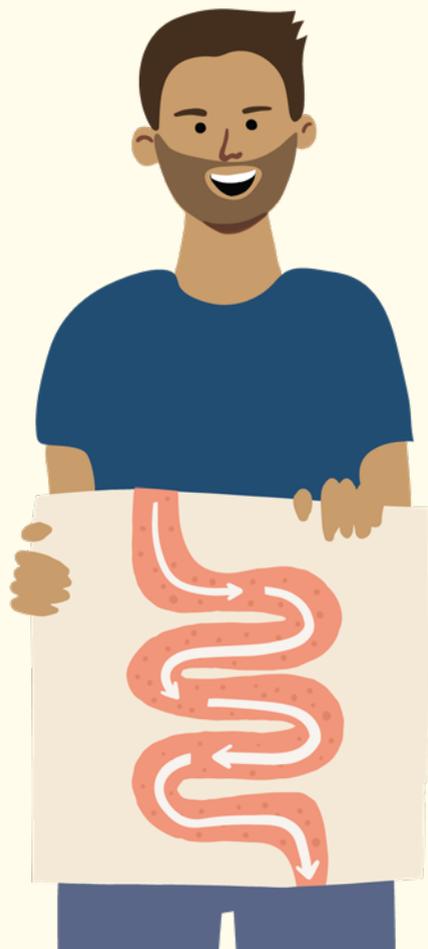
Ingredients for the Porridge:

½ cup rolled oats
½ teaspoon vanilla extract
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
1 cup coconut milk

Method

1. Place the apple, rhubarb and orange juice in a small saucepan over low heat. Cover and cook for 15-20 minutes, until softened.
2. In the meantime, add the oats, vanilla extract, ginger, cinnamon and coconut milk to another saucepan. Cook over low-medium heat for 5 minutes, until the liquid has absorbed and the oats are creamy.
3. Transfer the porridge into a bowl and top with the stewed apple and rhubarb to serve.

Gut Health



Gut Health has gained plenty of momentum in recent years as essential to our overall health and now more than ever before we have a greater understanding of its importance.

Why? Our bodies are packed full of trillions of bacteria, but we need the right balance of both good and bad to produce essential nutrients and for proper digestion to take place.

Around 70% of our immune system is found in the gut and our gut health has a huge impact on our overall health status. Take care of the gut to boost your immunity and ensure you're maximising your nutrient intake from the foods you're eating.

Ways to support gut health:

- Follow a real food diet
- Eat the rainbow to get plenty of variety
- Avoid processed foods
- Remove inflammatory foods*
- Consume plenty of dietary fibre
- Include pre and probiotic foods

*Inflammatory foods include processed deli meats, soft drink, vegetable oils, fried foods and refined sugars.

Have you tried some of my favourite Gut Health friendly recipes yet?





Strawberries & Cream Gummies

Serves 24 Preparation 25 mins Cook 2 hours

Ingredients

2 cups strawberries
1 cup canned coconut milk
1 teaspoon vanilla extract
1 tablespoon maple syrup
2.5 tablespoons gelatin
5 tablespoons filtered water

Method

1. Place the strawberries, coconut milk, vanilla and maple syrup in the blender and combine until smooth.
2. Transfer the strawberry mixture into a saucepan over low heat.
3. Mix the gelatin with the cold water until combined and thickened.
4. Turn the heat off the strawberry mixture and stir through the gelatin.
5. Transfer to moulds of your choice and place in the fridge for a minimum of 2 hours, until solidified.



Orange & Turmeric Gummies

Serves 24 Preparation 25 mins Cook 2 hours

Ingredients

2 cups orange juice (approx. 4 oranges)
1 teaspoon ground turmeric
Pinch black pepper
1 tablespoon raw honey
2.5 tablespoons gelatin
5 tablespoons filtered water

Method

1. Heat the orange juice, turmeric and black pepper over low heat.
2. Mix the gelatin with the cold water until combined and thickened.
3. Turn the heat off the orange juice and stir through the gelatin and the honey.
4. Transfer to moulds of your choice and place in the fridge for a minimum of 2 hours, until solidified.





Hearty Chicken Soup

Serves 4-6 Preparation 15 mins Cook 35 mins

Ingredients

1 tablespoon extra-virgin olive oil	8 cups chicken bone broth
1 leek, halved and sliced	600g chicken thigh
2 carrots, cubed	Salt and pepper, to taste
2 stalks celery, sliced	2 cups kale, roughly chopped
4 cloves garlic, minced	1 lemon, juiced
2 cups sweet potato, cubed	
1 can diced tomatoes	
1 zucchini, cubed	
1 can cannellini beans	

Method

1. Heat the olive oil in a large saucepan and add the leek, carrots and celery. Sauté for 5 minutes, until they begin to soften.
2. Next, add the garlic and sweet potato and saute for another 3 minutes.
3. Add the diced tomatoes, zucchini, cannellini beans, bone broth and chicken thigh. Season with salt and pepper and bring to a boil.
4. Reduce the heat and simmer for 15 minutes, or until the chicken has cooked through
5. After this time, remove the chicken and shred using two forks.
6. Add the shredded chicken, kale and lemon juice into the soup and cook for a final 5 minutes, until the kale has wilted.
7. Ladle into bowls to serve.

Mixed Berry Bircher

Serves 1 Preparation 10 mins Refrigeration Time Overnight

Ingredients

½ cup rolled oats
½ tablespoon chia seeds
½ tablespoon linseed meal
½ cup Greek yoghurt
½ tablespoon lemon zest
½ lemon, juiced
¼ cup coconut milk
½ teaspoon ground cinnamon

Ingredients for Serving:

1 cup frozen berries
1 teaspoon raw honey

Method

1. Add all of the bircher ingredients to a bowl or jar and stir to combine. Cover and place in the fridge to set overnight.
2. When it's time to serve the bircher, remove it from the fridge.
3. Heat the frozen berries in a small saucepan over low heat, until they have defrosted and softened.
4. Pour the warm berries over the bircher, drizzle with honey and serve.





Green Ginger Stir Fry

Serves 4 Preparation 15 mins Cook 20 mins

Ingredients

1 tablespoon coconut oil	500g beef strips
3 sprigs spring onion, sliced	2 cups snow peas, ends removed
1-inch ginger, grated	1 bunch bok choy (or pak choy), sliced into chunks
2 cloves garlic, minced	1 cup shiitake mushrooms
1 small red chilli, sliced	2 tablespoons tamari
1 head of broccoli, cut into florets	
2 cups green cabbage, sliced	
1 zucchini, halved and sliced	

Method

1. Melt the coconut oil in a large frying pan or wok.
2. Add the whites of the spring onion and sauté for 3-4 minutes, until they begin to golden.
3. Next, add the ginger, garlic and red chilli to the pan. Sauté for 2 minutes, until fragrant.
4. Add the broccoli, green cabbage and zucchini and cook for 5 minutes.
5. Then, add the beef strips snow peas, bok choy, shiitake mushrooms and tamari. Cook for a final 5 minutes.
6. Divide between 4 bowls and sprinkle over the greens of the spring onion.

Hydration

I always say think of food as your fuel and water as your oil. Hydration is so important for optimum immune function - don't let your system dry out!

- Sneak extra nutrients in with yummy herbal teas like chamomile, green tea or dandelion
- Aim for at least 2 litres of water per day - or follow the formula below to find out your optimum daily intake



Body weight
(kgs)

X 33 =



Water intake
(in mls)

Bonus points for drinking filtered water to ensure you're getting the cleanest water possible.

Things that contribute towards hydration:

- Water
- Herbal teas
- Pure coconut water

Things that don't contribute towards hydration:

- Coffee
- Caffeinated teas (including black, green and white teas)
- Soft drink and energy drinks
- Alcoholic beverages

Fruits and vegetables with a high water content can also boost your hydration status - one of many reasons to eat plenty of fresh produce.



Cucumber
97% Water



Iceberg Lettuce
96% Water



Tomatoes
95% Water



Broccoli
92% Water



Watermelon
92% Water



Oranges
87% Water



Raspberries
87% Water



Strawberries
91% Water



Pineapple
87% Water



Sleep

While most people load up on vitamin C to boost their immunity, they often overlook the importance of sleep. When you sleep, your body produces and releases cytokines, a type of protein that targets infection and inflammation. So, if you're sleep-deprived your body is less equipped to battle an illness.

Ways to optimise sleep:

- Sleep in a dark room
- Minimise distractions and outside noises
- Switch technology off an hour before bed

It's said that the hours before midnight are when we get the best sleep, aim to have an early night to make the most of this and ensure you're getting deep, restful sleep.

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