

NUTRITION IBIZA

In times of need there are helping hands. I like to reach out to you to help keeping your immune system strong and to stay healthy. With all the knowledge I can provide, please find my free advice how to boost your immune system in general. This is NOT a specific guide to fight the Corona virus (COVID-19).

There are several opportunities to boost your immune system. As an advice upfront ... PLEASE, do not overdo things! I'm talking out of experience. Not all of my advices should be applied at the same time. Listen to yourself. This is IMPORTANT! If you are aware of your body's and mental needs, you know what to do. But how are you are going to achieve this? Stop and slow down. Ask yourself "How am I feeling" instead of "How am I". Rest and truly feel which state you are in. Stress is the killer number 1.

What do I mean when I say don't overdo it? Now it's not the time to start a detox. Your body needs all necessary micro- and macronutrients, minerals and vitamins to stay strong. Also, you shouldn't go crazy on supplements either. If you have in mind to start taking Spirulina and Chlorella known for their detoxifying effects, then this is not a good idea. Especially when your body is not used to detoxify regularly, those algae might rather harm than help you.

Please note: I do want to send this information as soon as possible therefore I won't go into details or longer explanations and I won't be able to provide you with scientifically proof or references in this short period of time. I just assure you that I'm working as certified, holistic nutritionist since 2012 and everything you will find below, I do recommend to all of my clients. If you need more information, please don't hesitate to contact me.

The application of my suggestions below will be at your own risk. If you are already suffering under health issues, please consult a doctor or health practitioner up front.

Please find below my tips how to boost your immune system.

Nutrition

It is best to avoid all food groups which are known to trigger allergies, intolerances or even sickness in some cases. This will be

- Dairy products (especially those from cows)
- Products containing gluten
- Products containing soja

An alkaline, anti-inflammatory diet is highly recommended. We tend to eat too much acids. However, our organs and body liquids are mostly alkaline. It is important to keep the balance because when our body gets more acids than it needs, we trigger inflammation and might become sick. The food we consume should be 80% alkaline and 20% acid. Please note that we do need acidic food as well. However, there is a difference between "good" and "bad" acid. Please find below a list of food which is high on "bad" acid.

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- Grains
- Sugar
- Dairy products
- Eggs
- Fish
- Processed foods
- Meat
- Sodas and other sweetened beverages
- High-protein foods and supplements
- Alcohol

You will find lists of alkaline and “good” acidic food online. Also, if you want to learn more please feel free to contact me.

Intermittent Fasting

Intermittent Fasting is one way to get rid of the waste inside your body and to create a healthy base. The healing power that will remove the toxins, cure diseases and make you lose weight is sitting inside of our bodies not in a pill or a vaccine or drug.

The doctor that cures you is inside your body and by intermittent fasting you let this healing power do its work. And there is proof for this. When you break a bone, a plaster is placed on your arm to keep it in place, to give it a rest. In a few days the bone will automatically join itself. It's not like there is some medicine in the plaster. So, what is the power that joins the broken bone? It is your healing power. If you get a cut and you do not put a band-aid on it in a few days, it automatically stitches itself back together. So, what is that power that stitches this cut? It is your healing power.

But there is a little problem ... we never let our healing power do its work. We constantly keep interrupting it. We keep diverting it, we keep disturbing it and you know how? By always eating.

It is no surprise that it won't heal and it is no surprise that people are sicker today than they have ever been before. They are always eating. If you want this healing power to do its work, you must from time to time give digestion a break.

We suggest giving it a 16hrs break every night. For example, if you eat dinner at 8pm eat nothing till noon the next day. At noon you have your first solid meal. What you are basically doing is fasting for 16hrs every day and eating in an 8hrs window. It is called **intermittent fasting**. In the morning before noon you can easily digest liquids such like coconut water, vegetable juices but no fruit juices, tea, coffee or milk.

Now this is much easier than it sounds because most of the time you are not eating you are sleeping! Fasting might seem abnormal to us at first but actually this is how mother earth has designed our bodies. Our hunter-gathered ancestors didn't have supermarkets, refrigerators or food available all year. Sometimes they couldn't find anything to eat and our bodies have evolved to be able to fast. If anything, fasting from time to time is more natural than constantly eating four times a day.

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What hours you want to fast, that's totally up to you. Some people find it difficult to not eat food till noon. But find it easy to eat the last meal of the day at 6pm. On this day you could fast every day from 6pm till 10am the next morning. Whatever fits your schedule.

Through daily 16hrs fast your body gets a chance to do a little healing every day. And if 16 hours is too much ... don't worry. In the beginning start with 14hrs and then stretch, that's okay. You might already be doing 12hrs of fasting. It is not that difficult. Let's say you have dinner at 8pm and your first solid meal at 12pm. Your dinner if healthy probably will be digested in the next 6hrs. So, from 8pm to 2am your digestion hours are going on. As soon as your healing power is done digesting your food it starts healing. The next 10hrs will be your healing hours.

No drinks before, during or after meals

As you probably know our gastric acid in our stomachs is there to help digesting food. But its role is also to defend germs. It is a hydrochloric acid in a certain concentration. If you do drink now shortly before, during or after a meal you influence the concentration. The gastric acid becomes more watery which leads to poor digestion and a lack of defending germs.

Water

Our body consist mostly of water. Depending on your age this will be between 45 – 80%. It is obvious that we should keep this level. Drinking fresh, filtered water is crucial for our well-being. Especially in times like this it is recommended to drink at least 2-3 Liter still water per day.

Recommended Drinks

- Organic Green tea (is high in polyphenols a type of antioxidant)
- Organic herbal tea
- Homemade juices (organic if possible)
- Smoothies (organic if possible)
- Turmeric Latte (turmeric reduces inflammation)

Supplements

If you can't supply your body with minerals, vitamins and antioxidants through fresh, natural food then supplements are recommended. The following supplements help to support your immune system and fight inflammation.

- Vitamin C
- Vitamin E
- Vitamin B6
- Vitamin B12
- Vitamin D (sunlight)
- Glutathione
- Copper
- Folic acid
- Zinc
- Selenium

- Probiotics

Sea, Sun and Nature

Scientists have proven that swimming in the sea boosts your immune system. The cold water acts like a mild stressor, which activates the immune system, giving it a boost and thereby strengthening it.

Try to be as much as possible outside in the sun. The natural light produces Vitamin D in our body. Vitamin D is essential for a strong immune system as it helps the body to produce antibodies.

Walking in nature helps to keep your stress levels low. The hormone cortisol, which your body releases when stressed, reduces the antibody IgA which lines the gut and respiratory track. They are the first defense of pathogens.

The following also help to keep your stress level low

- Yoga
- Meditation
- Pilates
- Breathing techniques
- Bath with essential oils
- Massages

Working out

Regular work out has been scientifically proven to boost the immune system. Regular exercise mobilizes the T cells, a type of white blood cell which guards the body against infection. But be aware that rigorous workout weakens the immune system, which might lead to flu and viral infections.

Sleep

Adequate, restful sleep is the basis for your well-being. A lack of sleep can lead to physical and psychological discomfort in the long term.

We need a good sleep for the regeneration of our body and for building up muscles. While we are sleeping, damages will be fixed and our energy storage will be replenished. Some of our organs are in top form at night. Around 2 a.m. the liver is active. It breaks down alcohol in the blood and converts the nutrients of the meals of the day. Our immune system fights pathogens and our growth hormones are active repairing our cells. Here are some tips for a restful, regenerating sleep.

No artificial light 2 hours before bedtime

Artificial light contains a high proportion of blue light. It affects the production of the sleep hormone melatonin and thus ensures that we stay awake. Laptops, tablets and smartphones should therefore not be used before going to bed or should be switched to a night mode that reduces the amount of blue light. Many operating systems are already equipped with the night mode function. Apps for smartphones are also available for download.

Length of sleep

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To achieve the regeneration mentioned above, you should sleep until you are well rested, highly productive and emotionally balanced. It is different for everyone. There is no guideline for this. Find out yourself and then go to bed at the time that will happily make you jump out of bed.

Diary method

If you are thinking about tomorrow before you have even slept, you certainly cannot fall asleep quickly and peacefully. Get rid of these thoughts by writing them in a notebook before going to bed. A good way to banish your thoughts for a while.

Indoor climate and atmosphere

Make sure your bedroom is neither too warm nor too cold. The recommended room temperature is around 16 degrees. Set up your bedroom that you feel comfortable. Things that remind you of your (work) everyday life shouldn't be there. Darken the room with curtains or blinds. The sleep hormone melatonin is only produced in the dark. Too much light affects melatonin production and therefore hormonal systems, e.g. those who are responsible for stress processing.

Positive thoughts

The next morning you wake up with the thoughts and feelings you fall asleep with. Think of everything beautiful that you have experienced during the day and be grateful for it. If you fall asleep with a smile, you will wake up with a smile the next day.

Enemas

85% of the immune systems is located in the gut. Unfortunately, most of us do not take good care about their gut. Over the year's food, drinks and everything else we consume stick to your intestine. Your gut gets literally dirty from the inside. Think about what happens when you do not regularly shower? Sooner or later your skin will be covered by a crust. The same happens inside of your gut. It is crucial to clean the gut once in a while. This assures that your immune system stays strong. Don't be afraid it is simple and after a while you will get used to it. There are videos online how to implement an Enema. When being sick it is recommended to use an enema 2-4 times a week. To strengthen your immune system in general it is advised to do it every quarter of the year.

Biomagnetism

The Biomagnetic Pair Technique is a Therapeutic System developed by Dr. Isaac Goiz Duran since 1988.

Biomagnetic Pair Technique is a natural technique that prevents, diagnoses and treats a large number of illnesses through the use of pairs of medium potency magnets (2000+ Gauss) that seek to equalize the organism's pH level in order to eliminate Parasites, Bacteria, Fungi and Viruses.

Essential oils

As inhalation essential oils are a beautiful way to keep your nose and throat moisture. Mucus is important since it is one of our best natural defender. Mucus contains antibodies and bacteria-killing enzymes to help fight off infections.

All oils have a different effect. To disinfect your respiratory system tea tree oil is a good choice. You can also disinfect the air by putting a few drops in a metal bowl which you place on your fireplace or heater.

Gargling

An effective way to kill germs in the throat is gargling. 10-20 minutes every day is sufficient. You can use simply saltwater. Saltwater is able to disinfect the throat. You can also use olive oil or coconut oil. Both are known for their anti-viral, anti-bacteria and anti-fungal effect. Maybe you have heard about “oil pulling”. You literally “pull” the oil through your teeth. It helps fighting germs in the space between your teeth. It is not scientifically proven but goes back 3000 years and is applied in ayurvedic medicine.

Cosmetic and household cleaning products

When it comes to anything touching your skin you want to make sure that it is from a natural source. Thus, without any chemicals, mineral oils and preservatives. Those chemicals are pure poison and are able to weaken your immune system on long term.

And last but not least ... don't take life too seriously! Enjoy life, laugh a lot, make love and cuddle your pets as much as possible. These are natural ways to keep your immune system strong.

Lots of love to all of you!