

PRACTICAL LIFESTYLE & DIY RECOMMENDATIONS FOR DAILY IMMUNE SYSTEM SUPPORT BY LEE CARROLL

LIFESTYLE



Sleep quality

- Focus on good sleep hygiene to promote optimal rest every night
- Follow a consistent pattern of sleep and wake times
- Always aim to sleep at night and be awake in the daytime

Exercise

- Perform moderate exercise if you are well
- Perform gentle exercise if you are fatigued

Meditation & breathing exercises

- Meditate daily with one of the following breathing exercises:
- Equal breathing: Your in-breath and out-breath should be of equal length. If you are straining to control the breath length, reduce the count
- Alternative nostril breathing: Using the thumb and little finger of the left hand to close the nostrils. Breathe in through the left nostril, then out through the right nostril, then in through the right nostril and out through the left nostril. This equals one round. Do 10 rounds, 1 to 2 times daily
- Rhythmic breathing: Use a ratio of 1:2 during illness, i.e. the in breath should be half as long as the out breath. For example, breath in for 2 seconds and breath out for 4 seconds. This can be done for as long as required, multiple times per day

Nature exposure

- Get regular, safe sun exposure for vitamin D production
- Dedicate early morning and late afternoon time to be in nature
- Minimize time spent looking at screens and under artificial light

Reduce toxic load

- Avoid alcohol, recreational drug use and smoking (or reduce to your bare minimum)
- Reduce coffee and caffeine (other than tea) intake to minimum
- Minimize sugar and refined carbohydrate consumption

Media fasting

- Reduce exposure to social media and other sources of information that drive panic and stress

Saline nasal wash/rinse

- Perform a daily saline nasal wash in the morning to help support mucous membranes
- For bonus effectiveness, add liquid herbs to the rinse water; goldenseal and/or eyebright are recommended

INFUSIONS & DECOCTIONS (WITH A FOCUS ON EASILY AVAILABLE HERBS)



Teas & other daily infusions with an immune/respiratory focus to be consumed daily. These strategies should be additional to conventional medical care and are not a substitute for medical treatment.

Immune/Antiviral	Diaphoretics	Respiratory	Miscellaneous
Green Tea	Ginger	Licorice root	Sage (gargle)
Licorice	Peppermint	Thyme	Cloves (gargle)
Holy basil	Chamomile	Oregano	Calendula (healing)
Ginger	Elderflowers/berries	Marshmallow root	Rosella/Hibiscus
Cayenne	Linden (Lime) flowers	Lemongrass	Rose hips
	Yarrow	Fennel & Aniseed	
	Cayenne	Mullein	

BASIC DIETARY GUIDELINES



These recommendations are less specific to immune response status, and rather should be considered as an integral part of a healthy diet.

Antioxidant support foods (microcirculation enhancing elements)	Blueberries, goji berries or any organic berries available Dark-coloured/purple fruits & vegetables (polyphenol-rich) Cacao and dark chocolate
Zinc-rich foods (white blood cell supporting)	Squash/pumpkin seeds (pepitas), sesame seeds, hemp seeds, flax seeds, chia seeds Legumes, especially lentils, chickpeas and firm tofu Wild or whole rice, oats, other whole grains Shiitake and other mushrooms Animal products (esp. oysters or livers are particularly high)
Selenium-rich foods (antioxidant and metabolic activity support)	Brazil nuts (2-4 per day) Salmon, sardines Eggs Beans, sunflower seeds, oats
Iodine-rich foods (metabolic function)	Seaweeds (from cleanest sources available)
Healthy fats (Anti-inflammatory)	Omega 3 fatty acids (seafoods, free-roaming/grazing animals) Evening primrose oil (EPO) Black currant seed oil (BSCO) High-quality, extra virgin olive oil is excellent Whole, organic butter/ghee is fine in moderation AVOID: cheap vegetable and seed oils, fried foods, take-away or convenience packaged meals which contain these
Living, nutrient-rich foods	Consume as much fresh, vital, organic fruits, vegetables, spices in as much variety as available. This should be the foundation of every style of diet. AVOID: Simple sugars, AGEs, & "empty calorie" intake
Soluble fiber & prebiotics	Whole grains and similar: oats, barley, whole rice Legumes Mushrooms Vegetables esp. brassicas, artichokes, asparagus, sweet potato Fruits esp. apples and pears, citrus, figs, dates, avocado

IMMUNE SUPPORTING FOOD AND SPICE CHOICES



All of these options will support optimal immune capacity and can/should be used at any time. Use what you have access to, and keep in mind that there are many options beyond this list of suggestions. The following categories are only recommendations for where to put your focus depending on your current health status. If you can incorporate all of it at once, go for it!

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Prevention/Prophylaxis (strengthening focus)	Acute Intervention (fighting focus)	Convalescence Support (rebuilding focus)
Mushrooms*	Mushrooms*	Mushrooms*
Raw garlic & onions	Raw garlic & onions	Cooked garlic and onions
Fermented foods (eg. sauerkraut)	Fermented foods (esp. kimchi)	Fermented foods
Thyme and other culinary herbs	Thyme & oregano especially	Variety of culinary herbs
Nigella (in 1:2 ratio with honey)	Nigella (in 1:2 ratio with honey)	Nigella (in 1:2 ratio with honey)
Bone broths & chicken soup	Bone broths	Bone broths & chicken soup
Oysters (for high doses of zinc)	Dal curries (esp. mung or urid)	Dal curries (esp. mung or urid)
Lots of herbs and spices	Turmeric, ginger, galangal	Turmeric
Goji berries	Cayenne	

Herbs can be used in cooking (infuse into broths/soups) or taken as teas:

Ginsengs, licorice & adaptogens	Holy basil, pelargonium, Chinese wormwood	Eleuthero, licorice
	Mullein, licorice	Nettle, ashwagandha & tonics
Astragalus		Dandelion, burdock & depuratives

*Mushrooms refers specifically to recognized medicinal varieties, especially reishi, shiitake, maitake, lions mane, chaga, etc. however all edible mushrooms will confer some immune modulating benefits so the idea is to get as many into your diet as you can.

Additional Support

Additional support choices are offered in key areas that affect or are affected by an acute immune response. Take these either as a tea, or included them in your diet (perhaps in a blended drink).

Gastroprotective & Anti-Diarrhoea		Nervous System Calming & Sleep Supportive	
Chamomile	Psyllium	Chamomile	Skullcap
Fennel	Flaxseed	Linden blossom	Lavender (as tea, under pillow, or aromatherapy)
Fenugreek	Okra	Lemonbalm Passionflower	
Slippery elm			

AROMATHERAPY

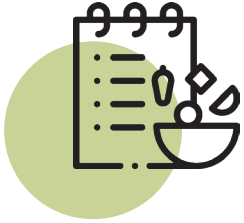


Many volatile essential oil components of plants are valuable antimicrobials and antiseptics. The following suggests some of the more effective options for supporting immune capacity. Consider using essential oil vaporisers in the home daily and/or while sleeping. You can even carry a drop on a tissue to inhale throughout the day, or apply to the skin diluted in a carrier oil.

For acute infection, apply a few drops to a bowl or pot of steaming water and carefully breathe in the vapor for five minutes, a few times throughout the day. A towel over the head helps catch the steam, but be very careful not to trap so much as to skald the skin. Another option is to add a few drops in a hot shower or bath to enjoy the vapor as you wash.

At least some antiviral capacity		Antimicrobial at least		Likely beneficial	
Eucalyptus	Rosemary	Oregano	Lavender	Frankincense	Lemon myrtle
Tea tree	Cinnamon	Thyme	Lemon	Myrrh	Various citrus
Clove	White birch			Dragons blood	

RECIPES



Nigella Medi-Honey

Ingredients:

- 1 oz nigella seed
- 2 oz raw honey
- A couple cloves of fresh garlic pounded to pulp

Method:

1. Grind the nigella seeds in a spice grinder to a fine powder.
2. Add the nigella and garlic to the honey and mix thoroughly.
3. Store in fridge.

Dose: Consume ½ to 1 teaspoon, twice a day. This should last 1-2 weeks.

Lee's Immuno Chicken Soup

Ingredients:

- Chicken* (3-4 thighs, organic, free-range, skin on)
- Split mung beans or urid dal without the husk (¾ cup)
- Burdock root (1, approx. 0.03 lb)
- Jerusalem artichokes (3, approx. 0.25 lb, diced)
- Carrot (0.5 lb, grated)
- Zucchini (0.5 lb, grated)
- Fresh ginger (thumb-sized piece, grated)
- Fresh turmeric (thumb-sized piece, grated)
- Parsley (good handful)
- Shiitake (0.5 lb, fresh, sliced)
- Maitake (0.5 lb, fresh, sliced)
- Yellow onion (1 large, diced)
- Garlic (fresh, 3-4 cloves)
- Salt and pepper to taste
- Water, to cover (approx. 3 quarts)

*If making a larger batch of this soup and doubling the ingredients, use a whole chicken rather than only the thighs.

Method:

Add everything to a large pot, and just cover with water. Bring to a boil then reduce to a simmer. Simmer for about 3 hours with the lid on.

Tumeric Flatbread

Ingredients:

- 40g organic whole Fenugreek seed (4 flat tablespoons)
- 600mL water (20 Fl oz)
- 20g organic turmeric powder* (2 heaped tablespoons)
- 40g organic nigella seed (2 × 20g) (4 heaped tablespoons)
- 60mL sesame seed or olive oil (2 Fl oz)
- 2–3 medium brown onions roughly chopped (200g or 7oz approx.)
- 2–3 large carrots (300g or 10.5oz approx.)
- 60mL water (2 Fl oz)
- 260g organic besan (chickpea/garbanzo) flour (organic)* (2 cups)
- 20g cumin seed (2 heaped tablespoons)
- 20g black mustard seed (2 flat tablespoons)
- 1 cup pumpkin seed (160g)
- 1 cup whole brown flax/linseed seed (140g), finely grind half of this (70g)**
- 1 cup sesame seed (100g)
- 1 cup sunflower seeds (100g)
- 2 teaspoon salt

*Organic because it is otherwise particularly high in glyphosate

**Avoid buying pre-ground flax if possible as it goes rancid very quickly. If you do not have a spice grinder though, use 70g bought ground flax and 70g whole seeds (and always store flax in the fridge).

Method:

1. Soak the Fenugreek: Add the Fenugreek seeds to 600 mL of water, stir well, cover, and let soak overnight. No need to refrigerate. Allow at least 6 hours.
2. Blitz the Fenugreek: Blend the soaked fenugreek with the soaking water in a blender (I use a Vitamix) until the texture is thick and gooey (like mayonnaise).
3. Incorporate Turmeric and Nigella: Add the Turmeric powder and half the Nigella seeds (20g) to the Fenugreek and blend on a high speed. The mixture should be warm to hot when finished and all the Nigella seeds should be finely ground. Pour contents into a very large mixing bowl and put aside
4. Puree Carrots and Onions: Puree the onions, carrots, oil and 60mL of water. Blend until it is a smooth and a free-flowing thick liquid. Add some of the fenugreek/Turmeric mixture if you need more liquid to facilitate blending.
5. Add Carrot and Onion puree: Pour the blended carrot and onion into the mixing bowl with the blended spices and stir to an even consistency.

6. Sift Besan flour: Sift the Besan flour directly onto the mixture and stir it in as you go.
7. Add remaining ingredients: Finally mix through all the remaining ingredients: the other half of the nigella (20g), cumin, mustard, pumpkin, sesame, sunflower, whole and ground flax seeds, and salt. Stir together until an even consistency is achieved.
8. Rest the mixture and prepare to bake: Leave the mixture to rest for 10–15 minutes to allow the dough to firm up, though it should still be quite wet. If it is too wet, add more Besan flour. Heat the oven to 150°C and line two large baking trays with baking paper.
9. Spread out the dough and cut it: Divide the dough equally between the baking trays and spread it out to cover the surface, achieving an even thickness and a rectangular shape. Divide the dough into 20 equal portions for each tray (4 × 5) by marking/scoring through the dough with a wet knife.
10. Bake: Bake in a fan-forced oven (pre-heated to 150°C) for 50 minutes, or until the desired texture is reached. If you needed to add significantly more water to the mixture before, you may need to extend your bake time as well.