

Using Nutrition to Enhance Your Immune System

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The Power of Food and Your Immune System

- Scientific evidence suggests that about one-third of the cancers deaths that occur in the US each year are due to nutrition and physical activity factors, including obesity. For the majority of Americans who do not use tobacco, dietary choices and physical activity are the most important modifiable determinants of cancer risk.
- Refined sugars can cut T-cell production by 50% for a three hour period.
- One of sugar's major drawbacks is that it raises the insulin level, which inhibits the release of growth hormones, which in turn depresses the immune system. This is not something you want to take place if you want to avoid disease.
- The average American consumes an astounding 2-3 pounds of sugar each week

Must Haves on Your Grocery List

- **Quinoa**
- Pronounced KEEN-wah, this hearty grain is being touted as the newest super food and it's easy to see why. Rich in protein, with only a few carbohydrates and a bit of healthy fats, quinoa is nutritionally superior to rice, corn, and wheat. It's easy to prepare and can be served in a variety of ways from a dessert dish to breakfast cereal.
- **Blueberries**
- These amazing berries are on anyone's list of super foods. Recent research shows that they're brain food – feeding blueberries to rats actually slows their age-related mental decline. Blueberries contain pterostilbene, a plant compound recently shown to have cholesterol-lowering properties. Their ORAC value (antioxidant rating) is the highest of any fruit. And blueberries are rich in fiber. Tip: Try them frozen. They taste like sherbet!
- **Kale**
- Kale is a member of the brassica family – vegetable royalty that boasts cabbage and broccoli among its relatives. It's rich in potent cancer-fighting substances called indoles, and loaded with bone-building vitamin K. Kale has the highest antioxidant rating of any vegetable and is ridiculously low in calories. Try it tossed with olive oil, a few dried cranberries and some pine nuts.
- **Apples**
- The juicy red or green apple's reputation for keeping you out of the doctor's office is well deserved. Loaded with pectin (an important fiber), apples are one of the best sources of boron, a little-known nutrient that helps support strong and healthy bones. An apple with a glass of water is a great natural appetite suppressant. Highest antioxidant value: Red Delicious
- **Flaxseeds**
- Flaxseed oil is one of the only plant sources of omega-3 fats, but the flaxseeds themselves provide the added benefit of fiber along with omega-3. Flaxseeds can be thrown on salads, tossed into smoothies, or sprinkled on vegetables. They also contain lignans, a group of plant nutrients that have been studied by the National Cancer Institute for their cancer preventive properties.

Food Don'ts for Your Immune System

- Fat Free
- Sugar free
- Refined Sugars
- Night Shades??
- Wheat??
- Dairy??
- Corn??

Supplementation for Your Immune System

- B Vits
- Folic Acid
- Fatty Acids
- Proteins
- Anti-oxidants
- Bioflavonoid
- Probiotics

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- The number of deaths from sedentary living is two times greater than that from microbial agents and also exceeds all deaths from firearms, illicit usage of drugs, sexually transmitted diseases, and motor vehicle accidents.
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