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Linda Sims
NUTRITION
NATUROPATHIC NUTRITIONAL THERAPY

Post Viral Recovery

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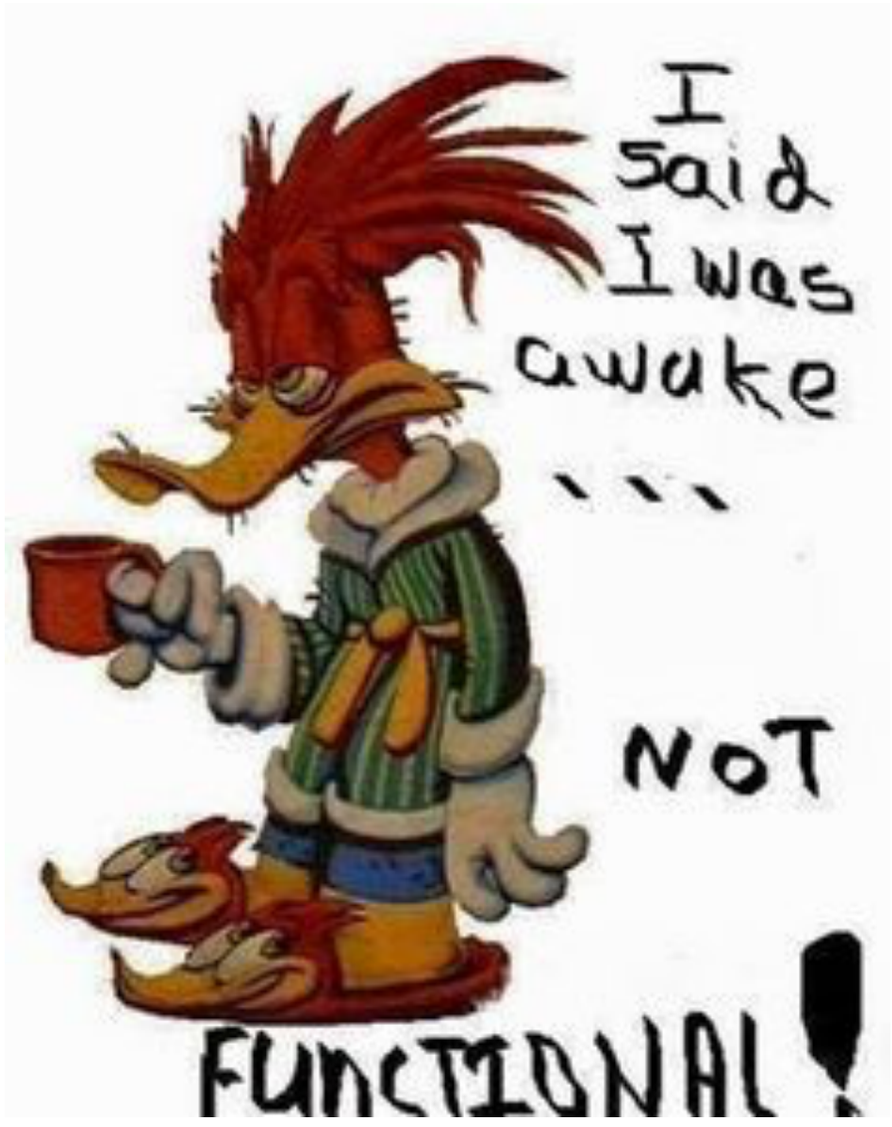
Linda Sims Nutrition

What can impair the immune system?

- Emotional state
- Chronic stress
- Inadequate sleep
- Poor diet
- Obesity
- Alcohol
- Toxins



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Eat Well

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- Eat less:
  - Processed foods/sugar
  - Calorie dense foods
  - Alcohol
- Eat more of:
  - Whole foods, close to nature
  - Seasonal foods
  - Nutrient dense foods

Think:
Is this food nourishing my body or sabotaging my recovery?

Gut Bacteria

70 % of your immune system resides in the gut!!!

Fermented foods

- Sauerkraut, kimchi and other fermented vegetables
- Kombucha (fermented tea)
- Tempeh, natto, miso - fermented soya products
- Yoghurt, kefir

Fibre

- Whole plant foods
- 30 different vegetables and fruits per week

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Helpful Nutrients

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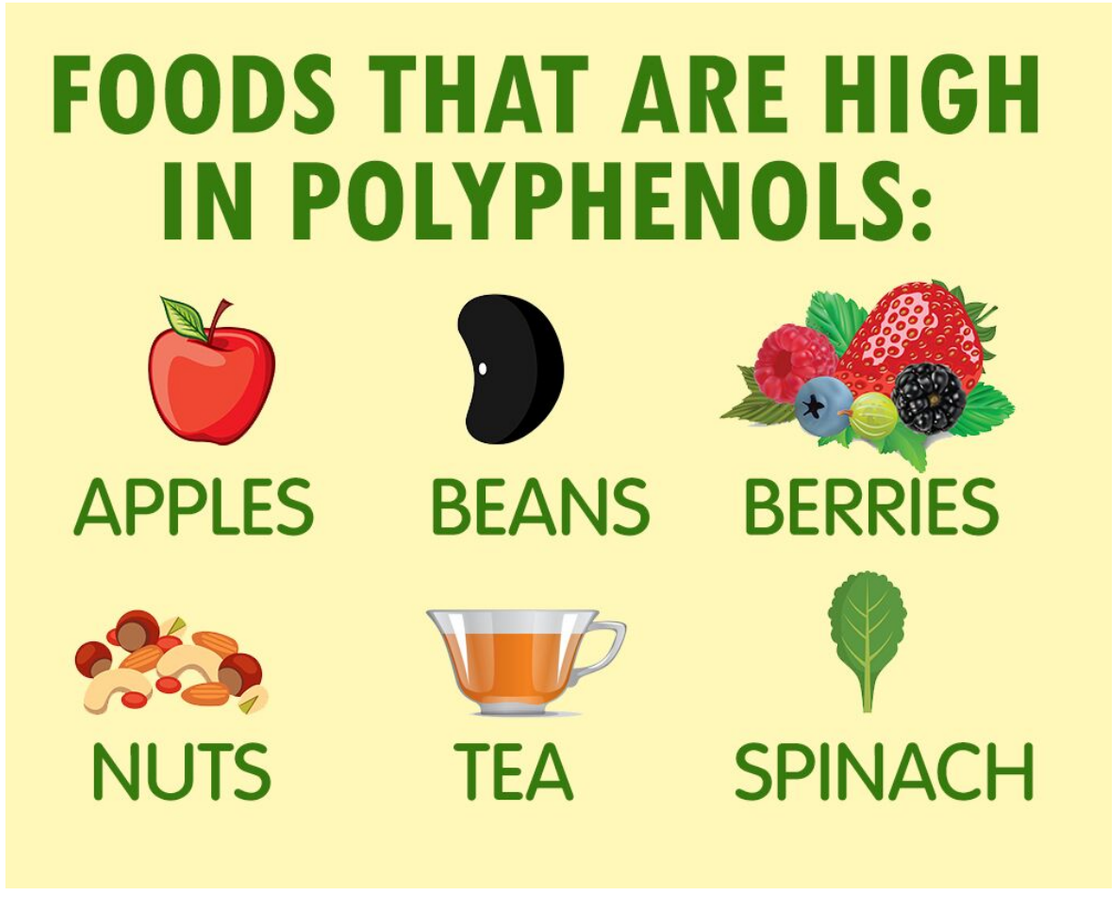
- Vitamin D - sunshine, oily fish, sun exposed mushrooms, dairy, fortified foods; supplement
- Vitamin C - herbs, fruits and vegetables
- Zinc - sea foods (oysters), red meat, nuts and seeds (pumpkin), whole grains
- Selenium - Brazil nuts (3 per day)
- Magnesium - beans, lentils, nuts, seeds, green leafy veggies
- B vitamins - plentiful in unprocessed diet
- Omega 3 - oily fish, flax, chia, hemp seeds, walnuts

Foods to Increase

Herbs and spices
- Garlic
- Onions
- Ginger
- Turmeric
- Nigella seed
- Andrographis
- Astragalus



Polyphenols have significant effect on the mitochondria.

Mushrooms

Button, Oyster, Reishi, Maitake, Shiitake, Turkey Tail, Sun Agaricus

- Adaptogens
- Immune-modulators
- Anti-allergenic
- Anti-oxidant
- Anti-inflammatory
- Anti-viral, anti-bacterial
- Anti-cancer

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Putting it into practice

- Cook from scratch, batch cook, assemble
- Eat regular, balanced meals
- Eat a rainbow everyday
- Add a variety of spices
- Stay hydrated, 2 litres
- Don’t over eat
- Maintain healthy weight
- Take supplements when necessary

Reduce exposure to toxins

- Go organic - or at least consider “Clean Fifteen” and “Dirty Dozen”

- Use non toxic cosmetics, personal care products

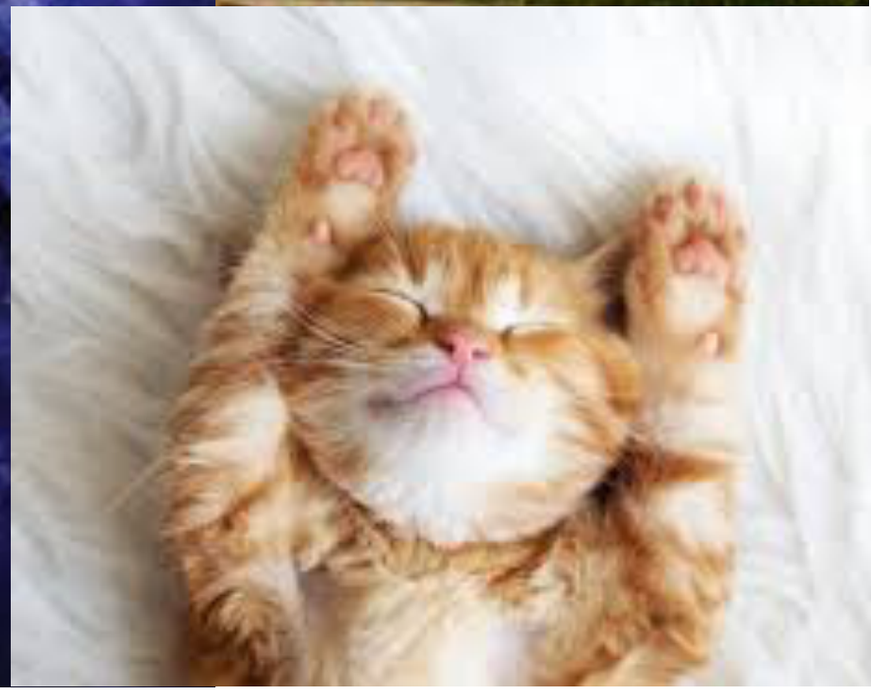
- Clean your home with non toxic cleaning products

- Replace plastic water bottle with glass or stainless steel

- Do not heat foods in plastic containers.

And don’t forget to:

- Sleep well
- Exercise
- Go outside
- Laugh more
- Meditate
- Hug



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Redeem £5 toward a consultation with Pamela or Linda.
Contact us:
Pamela: www.pamelarose.co.uk
Linda: www.lindasimsnutrition.co.uk