

# *Immune System Booster mix Recipe*



*Now that we're in the thick of cold and flu season, your immune system and your body might need a boost of support. Your body is your friend. Give him your support and you will be rewarded for that.*

*You know that the immune system provides first grade defense against the intruders called viruses and bacteria. Do you know that you could lend a hand to your immune system? Some foods may be your immune system booster this flu season.*

*Let's have a brief look on how to boost your immune system.*

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## **Get enough sleep**

*There is enough evidence that when your body gets enough restorative sleep is gets back into fighting shape. Sleep that you need varies per person, but in general an adult needs on average seven or eight hours of sleep. Baby's, kids and teens need more.*

*The thing is you can't make that up by sleeping out in the weekends, so if you wish to boost your immune system just go to bed and give your body at least seven hours.*

## **Heal Your Gut with probiotics, prebiotics and fermented foods**

*Here is the same story as with the sleep. Not only Hippocrates said "All disease begins in the gut." Also research shows that when the good guys (good bacteria) are less than the bad guys (bad bacteria) then your immune system is in trouble.*

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## **Chicken Soup for the Cold**

*Well, I guess you know about this one. There is hardly anyone who hasn't had this cold remedy from his good old granny.*

*"There's actually science behind chicken soup." This immune system booster provides more protein and the vital water against dextydration. That's why they call it Grandma's penicillin!*

## **Herbs**

*Talking about how to boost your immune system, herbs are vital. And they are readily available to us. Some power houses in this range are Ginger and Turmeric.*

*So far, so good. I guess now you are getting curious about my "secret" recipe, are you? O.k. I will not keep you reading and waiting anymore and will share it with you. Plus, some tips:-) Deal?*

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# Recipe Immune System Booster mix

## Ingredients:

100 gr. Fresh Aloe Vera leaves  
200 gr. Honey  
30 gr. Ginger  
1 tbsp. Turmeric  
1 pinch of grinded Black pepper  
1 organic Lemon cut in few pieces  
½ Onion  
1 or 2 Garlic cloves

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*This  
is how you should proceed:*

Wash the Aloe Vera leaves thorough with cold water.

Trim the prickly edges of the leaves with a sharp knife.

Allow the yellow juice, the so-called latex to drain from the leaf. Put the leaves upright in a cup and let the yellow resin to drain out. If you don't plan to use the latex just throw it away. What you will be using is the gel inside the leaves.

Collect the clear Aloe gel by scooping it with a spoon until there is nothing left in the leaf half.

Cut the gel in slices and put it in a blender.

Add all the other ingredients and blend all together in a blender. It will take a while until the mix becomes smooth and there are no pieces in it.

Put the mix in a clean glass jar or a glass container and store in the refrigerator.

You can keep it for about two weeks in the fridge.

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·Take a table spoon three times a day. Take the mix every day before you have your meal.

Enjoy the benefits and be healthy!

### Tip!

Start taking the mix as soon as you feel you are getting sick. The sooner, the better.

I even make a potion:-) in the beginning of the cold season and distribute a table spoon to each one at home every morning. This way we all stay ahead of the flu season game.

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