

# Plan for { Winter } Health

A Plan for Health

Winter Foods that Build Immunity

Spices, Herbs & Supplements

Winter Wellness Tips

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Your Holiday Health Action Plan

Healthy Recipes Quick Reference



# Class Notes:

# A Plan for {Winter} Health



There are **four main challenges to staying healthy during the winter holiday months.**



- (1) the colder, drier weather and shorter days
- (2) the increase of stress and busyness
- (3) the abundance of high sugar and junk foods
- (4) the tendency of the above to leave us with a weakened immune system and more vulnerable to catching colds and flus

In your plan for health, you will take each of these challenges into account and create a wellness strategy that will build your immune system, combat the cold/dry climate, bolster your body's ability to become stress resilient, and help counter sugar's negative effect on your system.



## Winter Foods that Build Immunity

The following are key groups of foods that can be included in your daily diet to keep your system strong and your immunity high during the winter months.

### VEGETABLES . . .

... are powerhouses for nutrient dense vitamins, minerals, and phytochemicals which are necessary for a high functioning immune system. The following are the best choices for wintertime.

Garlic, Onion, Scallions\*\*

Dark Leafy Greens like Kale, Collards, Swiss Chard, and Spinach\*

Broccoli\*, Asparagus, Brussels Sprouts

Beets\*, Carrots\*, Sweet Potatoes\*, Yams\*, Winter Squashes\*

\* Recipe ideas for each of these foods are included on the Healthy Recipes Quick Reference sheet.

\*\* These vegetables are particularly strong immune builders; try to eat them as often as possible.

### WHOLE GRAINS . . .

... are very warming in nature and provide a range of important nutrients and fibers. The following are good grains to emphasize in the colder months.

Brown Rice\*

Wheat Berries\*

Quinoa\*

\* Recipe ideas for each of these foods are included on the Healthy Recipes Quick Reference sheet.





# Winter Foods that Build Immunity continued ...

## FRUITS . . .

... are also excellent sources of nutrients. For the winter months, the heavier, sweeter, and more sour types of fruits are good to choose.

Citrus {Orange, Grapefruit, Lemon, Lime}  
Avocado  
Mango

Banana  
Pineapple  
Apple

## OMEGA 3 FATS . . .

... among its many other benefits, strengthens your immune system, reduces cellular inflammation, and may help reduce incidences of depression. The following are good sources of omega 3 fatty acids to include in your diet.

Salmon, Herring, or Anchovies  
Chia Seeds\*  
Pastured Eggs\*



Ground Flax Seeds  
Walnuts\*

\* Recipe ideas for each of these foods are included on the Healthy Recipes Quick Reference sheet.

## PROBIOTIC FOODS . . .

... contain beneficial bacteria which strengthen our immune systems by fortifying our intestinal tract. {Over 75% of our immune system is in our digestive tract, so a strong gut provides strong immunity!}

High quality, organic yogurt with live cultures  
Organic kefir

Miso  
Cultured vegetables

**Tip:** Miso soup with vegetables and organic chicken is an excellent meal or appetizer during winter months.

## BROTHS & WARM LIQUIDS . . .

... both are healing and immune building during the winter months.

Miso soup\*  
Homemade Chicken Broth\*  
Healing Vegetable Stock\*  
Green Tea  
Hot Water with Lemon



\* Recipe ideas for each of these foods are included on the Healthy Recipes Quick Reference sheet.

# Spices, Herbs & Supplements

For a healthy immune system and winter wellness

## SPICES . . .

With the increase in heavier foods, be sure to increase spices and foods that help keep digestion lively. Many of these spices have the added benefit of boosting your immune system because they are antibacterial.

Turmeric	Cumin
Coriander	Fennel
Ginger	Cinnamon



**Tip:** Mix together the healing spice recipe found in the **Happy Mom, Healthy Family Cookbook** and keep it on hand for a quick immune boosting meal. Warm 3–5 tablespoons of organic butter, ghee, or olive oil in a pan on medium heat. Add 3–5 teaspoons of the healing spice mix and warm through until aromatic. Then toss with cooked grains, serve warm & enjoy! Excellent for a quick snack idea, too.

## HERBAL SUPPORTS . . .

Echinacea	Propolis
Elderberry	Astragalus

## SUPPLEMENTS . . .

Whole Foods Vitamin B complex  
Whole Foods Vitamin D  
Zinc



## Winter Wellness Tips

### Cooking

- ☀ Bring out the crock pot! Emphasize slow cooked, warm, moist meals this season. Soups are a perfect match for cold, dry days.
- ☀ Roasting vegetables is another excellent cooking method for the winter.

### Keep your skin & mucus membranes moist

- ☀ Pay attention if your skin feels tighter these days; you may need to switch to a hardier, natural moisturizer like cocoa butter.
- ☀ If you use a neti pot to help keep your sinuses clear, swab your inner nose with a Q-tip dabbed in coconut oil or olive oil when you are done to be sure you don't over dry that area.
- ☀ Be proactive about preventing ear infections. Warm up garlic oil (sold in natural health food stores) to body temperature and put a dropper full in each ear canal to lubricate and help fight bacteria and viruses from taking hold.

# Winter Wellness Tips continued ...

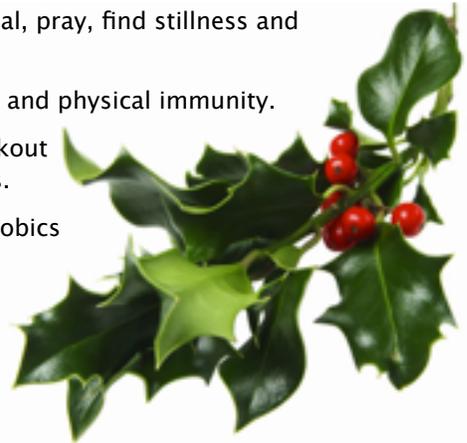


## Air Quality

- ☀ Use humidifiers to keep the air you are breathing moist.
- ☀ We breathe a lot more indoor air in the winter, so be especially careful to keep it clean and free of toxins. Rotate an air purifier into different rooms.
- ☀ Let indoor green plants help keep your air clean and fresh. Diffuse essential oils to increase the negative ion count in your air (shown to help mitigate the effects of Seasonal Affective Disorder).

## Lifestyle

- ☀ Staying up late, working at night, eating irregular meals, and exposing your body to excess stress and fatigue all disrupt your digestion and body rhythms which compromises your immunity.
- ☀ Prioritize sleep and follow the sun's lead. As the days get shorter, shift your sleep routine toward going to bed earlier and to allow your body more hours to rest and repair.
- ☀ Establish a consistent form of down time to reflect inward, journal, pray, find stillness and quiet in your day, and nourish your spirit.
- ☀ Keep physically active during the winter to bolster mental health and physical immunity.
- ☀ If you are a walker or runner, invest in a set of cold weather workout clothes so you can keep up your routine as the temperature dips.
- ☀ Shift to indoor activities: yoga, stretching, dance, toning and aerobics can all be done via a DVD in your home.



## Key Stress Resiliency Strategies

### Eat a robust, balanced breakfast every morning.

- Include high quality proteins, healthy fats, and high fiber carbohydrates.
- Make breakfast your largest meal of the day.

### Increase use of your Calming Practices.

- Soothe your nervous system through massage, hot towel scrub, dry brushing, warm baths, warm oil rubs.
- Trigger the calming response through deep breathing and using essential oils.
- Spend time in prayer, reading scripture or inspiration works, journaling, meditation, yoga, time in nature.



# Your Winter Wellness Action Plan

Specific self care tools to balance the colder, drier days:

Specific self care tools that will increase calm:

Specific ways I'll support my immunity through nourishing foods: