

# Immune System Health: Foods and Recipes to Build and Maintain a Healthy Immune System

With Dr. Ritamarie Loscalzo



## Recipes

- *Immune Support Elixir*
- *Immune Supporting Tomato, Cucumber, and Avocado Salad*
- *Immune Boosting Peppermint Patty Candies*

The immune system recognizes a foreign invader and attacks it. Your immune system can become confused from things like bad nutrition. The ingredients in these recipes are balancing for your immune system, so they are good for auto-immune disorders.

## Nutrients to help boost your immune system

- Zinc: keeps a cold from coming on
- Vitamin C: powdered form in water is good
- Vitamin A: many foods are the pre-cursors to beta-carotene
- Manganese: enhances natural killer cells and macrophage activity
- Copper: be careful of the copper/zinc ratio -- macadamia nuts are full of copper
- Sulfur: green leafy vegetables, as well as garlic and onions
- Allicin: in garlic; super anti-viral

## Things that damage your immune system

- Avoid all sugars, including maple syrup, honey, and dried fruit
- Inorganic foods
- Allergens, especially gluten

## Herbs and foods that support your immune system

- **Holy basil/tulsi:** an adaptogenic herb; also supports adrenals and thyroid
- **Cordyceps:** also good for lungs, kidneys, and gives stamina
- **Oregon grape:** bitter; use when actively in the state of illness
- **Reishi mushrooms:** the powder is stronger than the herb
- **Broccoli sprouts:** a potent immune support
- **Fo-ti (ho shou wu):** gives energy, hormone balance, along with immune support
- **Milk thistle seed:** also a good liver support
- **Chaga:** good for the immune system
- **Coconut:** immune supporting fat - helps herbs get into the cells
- **Sesame tahini:** calcium, minerals, immune support
- **Coconut oil:** lauric acid - a potent anti-viral
- **Hemp seeds:** omega-3; calms down inflammation; supports immune system
- **Arugula:** good for the immune system
- **Chlorella:** pulls out heavy metals and toxins
- **Pumpkin seeds:** zinc
- **Ginger:** good for the immune system
- **Basil:** good immune system herb

## Essential oils good for immune support

- Oregano
- Thyme
- Basil
- Lemon
- Bitter orange
- Cinnamon
- Frankincense
- Peppermint
- Eucalyptus
- Thieves
- On Guard

## Sugars to use that will not hurt the immune system

- Stevia powder
- Liquid stevia
- Chicory root fiber: a fructooligosaccharide
- Jerusalem artichoke syrup: has a flavor like molasses
- Lacuma
- Luo han go
- Erythritol
- Xylitol: can give you diarrhea

# Recipes

## Immune Support Elixir

### Ingredients:

- 2 cups hot water
- 1 licorice root tea bag
- 1 teaspoon holy basil/tulsi
- 1/2 teaspoon astragalus
- 1 heaping teaspoon cordyceps mushroom powder
- 1/4 teaspoon Oregon grape
- 1/2 teaspoon reishi extract powder
- 1 teaspoon broccoli sprout powder
- 1/4 teaspoon fo-ti (ho shou wu)
- 1/4 teaspoon milk thistle seed extract powder
- 1/2 teaspoon chaga
- 1/3 cup shredded coconut
- 1 tablespoon sesame tahini or coconut oil
- 1 capful liquid minerals (***Sunwarrior Liquid Light Fulvic Acid Minerals***)
- 2 tablespoons hemp seeds
- 1 handful of arugula
- a few sunflower sprouts
- 1 tablespoon chlorella
- 2 drops lemon essential oil
- 2 drops peppermint essential oil
- 2 drops ***Young Living Thieves*** essential oil
- 1/8 teaspoon stevia powder
- 4 drops chocolate liquid stevia
- 1 teaspoon Jerusalem artichoke syrup

### Directions:

1. Boil water. Brew licorice tea bag and holy basil (use a tea ball) in separate cups.
2. While the teas are brewing, put the dry ingredients into your blender. Then add sesame tahini, hemp seeds, arugula, sunflower sprouts, chlorella, and liquid minerals.
3. Add tea water to blender. Blend until smooth and liquid.
4. Add essential oils for flavor. Blend again.
5. Add stevia powder, Jerusalem artichoke syrup, and chocolate liquid stevia. Blend again.

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## Personal Notes for *Immune Support Elixir*:

- **Don't use licorice root tea if you have high blood pressure.** You could also use water, nut milk, vegetable broth, or juice instead of tea water.
- Use coconut cream for a smoother elixir. You can use the shredded coconut if you have a high-speed blender, such as a VitaMix. If you want the elixir thicker, you can add more coconut.
- You can use other spices to create a chai spice flavor. These are ginger, cinnamon, nutmeg, and cardamom.
- You can add different nuts like pumpkin seeds.

## Immune Supporting Tomato, Cucumber, and Avocado Salad

### Ingredients:

- 1 cucumber
- 3-5 tomatoes, depending on their size
- 1 avocado
- 1 1/2 cups basil
- 1 lemon or lime, juiced
- 1/2 teaspoon kelp
- 1/4 teaspoon dried oregano
- 1/2 teaspoon herb mixture of nettles, horsetail, and alfalfa
- 1/4 teaspoon ghost pepper salt
- 1/4 teaspoon pink Himalayan salt
- 1/2 onion
- 1 clove garlic, minced
- collard greens, kale, or nori sheets
- broccoli or sunflower sprouts
- flax seeds, ground
- hemp seeds
- pumpkin seeds, ground
- umeboshi paste

### Directions:

1. Chop cucumber, tomatoes, and avocado. Doing this with a chopper like the Vidalia Chopper makes it easier. Stir together.
2. Chop onion and mince garlic, and add to mixture. Stir again.
3. Chop basil and add to bowl. Stir again.
4. Juice lemon or lime, then pour over the vegetables in the bowl and stir again. You could add salt and pepper to taste. Then add kelp, oregano, nettle/horsetail/alfalfa blend, ghost pepper salt, and Himalayan pink salt.

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5. To use in a wrap, massage collard green or kale with salt to soften. Put salad mixture in the middle and add sprouts, ground flax seeds, hemp seeds, and/or ground pumpkin seeds
6. You can also use nori sheets for the wrap, adding umeboshi paste to the mixture.

**Personal Notes for *Immune Supporting Tomato, Cucumber, and Avocado Salad*:**

- If you have a nightshade sensitivity, you can use under-ripe mangoes, zucchini, or summer squash as a replacement to the tomatoes.
- If you want a different taste other than the basil, you can use chipotle or cayenne.
- Instead of basil, you could use cilantro or parsley.
- In this recipe, kelp, oregano, nettles, sprouts, flax and hemp seeds are all good for the immune system.
- The avocados also have glutathione to help with your immunity.
- Onions and garlic have sulfur, as well as allicin, which are very potent immune boosters. The onion also has quercetin.

## Immune Boosting Peppermint Patty Candies

### Ingredients:

- 1/4 cup pumpkin seeds, ground
- 1 cup coconut flakes
- 1 tablespoon chlorella powder
- 1/4 cup hemp seeds
- 1/2 cup macadamia nuts
- 2 tablespoons coconut cream or butter
- 2 tablespoons coconut oil
- 1 teaspoon vanilla powder
- 1 tablespoon each carob and cacao powder (**Artisana** or **Tropical Traditions**)
- 1 teaspoon chaga
- 1/2 tablespoon cordyceps
- 4-5 drops peppermint essential oil or 1 cup fresh chopped mint
- 2 drops tangerine essential oil
- 1 drop frankincense essential oil
- 1 dash of kelp powder
- 1 dash of nettles
- 1 tablespoon chicory root powder (**Just Like Sugar**)

### Directions:

1. Process ground pumpkin seeds, coconut flakes, chlorella powder, hemp seeds, macadamia nuts, coconut cream/butter, and coconut oil until smooth. It takes a while. You want all the pieces broken down until it will stick together and form a ball.
2. Add vanilla powder, carob, cacao, chaga, cordyceps, essential oils, kelp nettles, and chicory root powder and process again.
3. Form into patties or balls and roll in coconut flakes.
4. Place into silicon molds then put into freezer until firm.

### Personal Notes:

- If you don't like or have an intolerance to coconut, you can use macadamia nuts, cashews, Brazil nuts, or zucchini.
- For an all-chocolate flavor, you can use chocolate stevia. For a marzipan flavor, you can use almond extract instead of the other essential oils.
- You can vary the nuts and seeds, herbs, seasonings, and greens in this recipe to suit your taste and nutrient needs.
- The carob and cacao are both good for your immune system, although the cacao is stimulating.

## About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

## Dr. Ritamarie's Health and Nutrition Books and Programs

**Sweet Spot Solution Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. [www.TheSweetSpotSolution.com](http://www.TheSweetSpotSolution.com)

**Empowered Self-Care Lab:** Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! [www.EmpoweredSelfCareLab.com](http://www.EmpoweredSelfCareLab.com)

**Body FREEDOM Nutrition Lab:** Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. [www.BodyFREEDOMNutritionLab.com](http://www.BodyFREEDOMNutritionLab.com)

**Energy Recharge Coaching Inner Circle:** Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams. <http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing  
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>