

'Tis the Season for Colds and Flu: Prevention is the Key

With **Dr. Ritamarie Loscalzo**



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'Tis the Season

This time of year is considered cold and flu season. We need to be doing things in our life that provides us with a strong defense system. It's not that we have more viruses and germs at that this time of year that we have to fend off, but that there are more stress events.

- The weather is changing, and so our body has to work harder to maintain homeostasis. It might be very cold one day, and then a few days later it can be warmer. All this back-and-forth is harder on the immune system.
- The holiday season has a special set of stress points between party food, family emotions, and budget stress while buying gifts. This also puts a drain on our immune system.

Helpful Reminders from the Show

- **The acid-alkaline balance** is critical to your immune system. One of the most important things about building your immune system is becoming more alkaline. Stress makes us more acidic. The acid-alkaline balance is also important for blood sugar balancing and hormone balancing. Sugar and meat are acidifying. Some vegetables such as spinach and carrots, and nuts such as walnuts are slightly acidifying. Even though these foods are good, you need a balance. When you have too much stress, medications, environmental toxins, and acid-forming foods, you need more alkalizing foods.
- **Miso** is good for immunity because it has a lot of organisms that are supportive for your gut.
- **Mushrooms** have amazing medicinal properties. They are supportive of your immune system.
 - Culinary mushrooms also have medicinal properties. These are mushrooms such as **shiitake and maitake**. Maitake and shiitake mushrooms can be soaked, as well as simmered. They take longer to soak, but the simmering doesn't take as much time.
 - The **dried** mushrooms are woody, and you can't extract the medicinal properties just by soaking. Also, because they are so hard and dried, they don't pulverize in your high-speed blender. They are more nutritious after long simmering. You can also buy them as a powder, which is easier.
 - **Reishi** is also anti-cancer, along with being immune-boosting.

- **Sea vegetables** are also full of valuable minerals that you especially need at this time of year. Sea vegetables are also very alkalizing.
 - **Kombu** is awesome to make a broth with that you can use in your smoothies as well as soup. Kombu is also very alkalizing and full of minerals and nutrients.
 - If you handle **dulse** properly, it remains soft. It keeps well in a jar. They work well in a salad.
 - **Wakame** is not tasty on its own, but it's a great addition to a miso broth.
 - **Primo kelp** is the same species as kombu, but it's laid out on the beach in thin sheets and slowly dried. You can crumble it up and mix it with trail mix.
- **Isatis root** is a Chinese herb that is good for your heart, lungs, and stomach. It eliminates pathogenic heat, toxins from the blood, and is really good for fevers. You can make a broth or tea when you are getting the flu or anything with a fever.
- Part of why we get sick is because our liver is toxic and backed up. **Galangal root** is helpful for liver detoxification, although it is one of the stronger tonics for it. Galangal is similar to ginger, and has a gingery taste to it.
- **Garlic** is good for your immune system because it has allicin and sulfur. It has been said that if you take six cloves of garlic at the beginning of a cold or flu will kick it out.
- You can add **sweetener** if you would like to your recipes, but the addition of sweetener decreases the macrophage activity by 50% up to 8 hours after you eat something sweet. Macrophage are a kind of white blood cells that are your bacteria and virus fighters.

Recipes

Immunity Broth

Ingredients:

- 1/4 cup reishi mushroom slices, dried
- 1 - 2 pieces dried maitake mushroom
- 1 - 2 shiitake mushroom, dried
- 1 6-inch piece kombu
- 2 - 3 pieces dulse
- wakame
- 1 - 2 pieces Primo kelp (**BC Kelp**)
- 1/4 cup isatis root
- 1 handful of galangal root
- 8 cups water

Directions:

1. Put the ingredients into a pot and cover with water.
2. Bring water to a boil, then turn to low and simmer for 3-5 hours.
3. Watch to make sure the water doesn't boil down. Add more water if necessary.

Personal Notes for *Immunity Broth*:

- This is an alkalizing broth.
- You can use this broth as the base for many other soups.
- You can also just soak the sea vegetables and use the soak water in the broth along with the vegetables.
- It is fine if you have chunks of your sea vegetables in your broth.

Immunity Miso Soup

Ingredients:

- 1 serving *Immunity Broth*
- garlic, minced
- carrots, chopped
- celery, chopped
- ginger, peeled and grated
- seasonings: Thai, Italian
- 1 pinch of lemon juice or apple cider vinegar
- 1 splash of flax oil
- 1/2 teaspoon of coconut oil
- 1/2 teaspoon chickpea miso per serving, or to taste (***South River Miso Company***)
- sprinkling of sesame seeds, ***Parma***, or other choices
- sprinkle chopped parsley
- sprinkle cayenne

Directions:

1. Strain sea vegetables, mushrooms, roots, and herbs from *Immunity Broth*.
2. Add other vegetables for taste and nutrition, and simmer.
3. Put miso in individual bowl and pour soup over it.
4. Stir to dissolve miso.
5. Put lemon juice or apple cider vinegar.
6. Add flax oil and coconut oil.
7. Add more broth to bowl.
8. Add sprinkling of sesame seeds or ***Parma***.
9. Slice mushrooms and add.
10. Add parsley and cayenne.

Personal Notes for *Immunity Miso Soup*:

- You don't want to put the miso in the pot and cook it because it will destroy the beneficial organisms.
- There are many different kinds of miso to choose from - chickpea, soybean, soybean combinations, and rice miso. Choose according to your tolerances.
- You can also juice the ginger and add it to your broth.
- You can add Italian seasonings with the oregano and thyme which are good for your immune system.
- If you find your soup to be bitter, add something sour like lemon juice or apple cider vinegar to bring down the bitter.
- To absorb your herbs better, add a fat.
- Coconut oil will help the flax oil. The omega-3 from the flax will be converted into the long-chain EPA molecules, which will be more protective for your immune system.
- You don't want to cook after you have added the oils/fats, especially the flax.
- You can make a simple miso soup with sea vegetables and simmer with carrots and celery, and add raw garlic and miso after.

Immune-Enhancing Hot Cocoa

Ingredients:

- water, boiling
- 1 teaspoon cordyceps mushroom extract powder
- 2 - 3 drops dark chocolate flavor extract (**Medicine Flowers**)
- 2 - 3 drops hazelnut flavor extract (**Medicine Flowers**)
- 3 drops chocolate stevia, or to taste (**Sweet Leaf**)
- 1/4 teaspoon raw cacao or raw carob

Directions:

1. Put cordyceps powder into a mug and add boiling water.
2. Stir to mix cordyceps and water together.
3. Add flavor extracts and raw cacao or raw carob, as well as any fat if you are using.

Personal Notes for *Immune-Enhancing Hot Cocoa*:

- If you buy the extracted powder, you can use cold water, as in a smoothie, and get the full potency. If you buy just the powder, you need to simmer it for about 20 minutes to get the potency.
- If you don't like caffeine or are allergic to it, generally you can handle the essence in Medicine Flowers.
- If you don't want to use the liquid stevia, you can use the green powdered stevia and then flavor it with essential oils of your choice.
- You could also use chaga mushroom powder.
- Coconut cream, coconut butter, coconut oil, or ground nuts will make it creamier.
- You can add other flavors like ginger.

Immune-Enhancing Elixir

Ingredients:

- 2 tea bags, plus 32 ounces hot water, or just water
- 3 Brazil nuts
- 1/4 cup of walnuts
- 2 - 3 tablespoons of pumpkin seeds
- 2 - 3 tablespoons macadamia nuts
- 1/4 cup hemp seeds
- 1/4 cup coconut
- 1/2 teaspoon of astragalus powder
- 1/4 teaspoon of Oregon grape root powder
- 1 teaspoon cordyceps mushroom powder
- 1 teaspoon chaga mushroom powder
- 1/2 teaspoon kelp powder (**Maine Coast Sea Vegetables**)
- 1 teaspoon vitamin C powder (**HealthForce Nutritionals Truly Natural**)
- 1/4 teaspoon **Purium Amla C Plus**
- 1 teaspoon vanilla powder (**Ultimate Superfoods**)
- 2 drops lemon essential oil
- 2 drops peppermint essential oil
- 1 drop lavender essential oil
- 2 drops tangerine essential oil
- 10 drops English toffee flavored stevia
- 2 drops cinnamon essential oil

Directions:

1. Pour hot water over tea bags and let sit for 5-15 minutes.
2. Add Brazil nuts, walnuts, pumpkin seeds, macadamia nuts, hemp seeds, coconut, astragalus powder, Oregon grape root powder, cordyceps mushroom powder, chaga mushroom powder, kelp powder, and the vitamin C powders into the blender.
3. Add tea water and blend.
4. Add 1/2 cup water and re-blend.
5. Add vanilla powder and essential oils and blend again.
6. Add flavored stevia and more essential oil and blend.

Personal Notes for *Immune-Enhancing Elixir*

- There are many choices you can use for a tea - Echinacea, Immune Blend, Throat Coat, Licorice Mint, Spring Dragon, etc.
- You can make elixirs hot or cold. In the winter, hot is nice.
- Brazil nuts have selenium.
- Walnuts are a good source of omega-3 essential fatty acids.
- Pumpkin seeds are a good source of zinc, which is good for your immune system.
- Macadamia nuts have a nice amount of copper and they provide a creamy texture for the elixir.
- Hemp seeds are a good source of protein and omega-3 essential fatty acids.
- Oregon grape is good for fighting viral and bacterial infections.
- The salty flavor of kelp helps bring out the flavors.
- If you have a sensitivity to mushrooms, add in other optional herbs such as ashwagandha, echinacea, oregano, or thyme.
- If you have candida overgrowth, these mushrooms are a completely different species. Medicinal mushrooms can help with candida overgrowth. But if they don't work, don't use them.
- You can add protein powder, green powder, other mushroom powders like reishi.
- Lemon, peppermint, and lavender are good for your immune system.
- Tangeritin in the tangerine peel is anti-viral and anti-cancer.
- ***Young Living Thieves*** and ***do Terra On Guard*** are good essential oils to use.
- Other flavorings are chocolate, carob, cloves, cinnamon, nutmeg, cardamom.
- If you want to make this more of a smoothie, add some greens.

Immune-Boosting Paté

Ingredients:

- 1 cup walnuts, soaked
- 1 cup pumpkin seeds, soaked
- 1 red bell pepper, broken into pieces
- 2 - 3 stalks celery, chopped
- 7 fresh shiitake mushrooms
- 1/2 of a large onion, chopped
- 1 clove garlic
- 1/2 - 1 teaspoon kelp powder
- 1/4 - 1/2 teaspoon salt
- 1 tablespoon chia gel
- 1-inch piece of jalapeno
- hearts of romaine lettuce
- broccoli sprouts
- tomatoes, chopped
- raw sauerkraut

Directions:

1. Put the walnuts, pumpkin seeds, red bell pepper, celery, mushrooms, onion, and garlic in a food processor and process with an s-blade. Process to a tuna salad consistency.
2. Add kelp powder and process.
3. Add salt, *Chia Gel*, and jalapeno. Process.
4. Put paté in a lettuce leaf, top with sprouts, tomatoes, and sauerkraut.

Personal Notes for *Immune Boosting Pate*:

- Soaking the nuts in advance makes them more digestible and softer for blending.
- If you are sensitive to nightshades, you can use a carrot instead of peppers.
- Onions are high in quercetin, which are awesome for fighting off colds and flu. They are an anti-histamine. They are high in flavonoids as well as in sulfur, which is good for the immune system.
- Broccoli sprouts are good for your immune system as well as anti-cancer and hormone balancing.
- Umeboshi plum paste is very alkalizing and good for immune system.
- Instead of lettuce leaves, you could use nori as a wrap. Smooth the umeboshi plum paste on the nori leaf.

Immune-Boosting Pudding

Ingredients:

- 3 - 4 avocados
- zucchini, sliced thick
- 3 tablespoons key lime juice (2 - 4 limes, juiced)
- 1 pinch of salt
- 1/8 teaspoon cordyceps mushroom powder
- 1/2 teaspoon reishi mushroom powder
- 1/2 teaspoon chaga mushroom powder
- 10 drops chocolate liquid stevia
- 1/8 teaspoon shiitake mushroom powder
- 1 pinch of green powdered stevia
- 1/2 - 1 teaspoon lucuma
- 1 teaspoon erythritol (**Zero**)
- 2 tablespoons raw cacao
- 2 tablespoon raw carob

Directions:

1. Put zucchini in a food processor and blend using an s-blade until smooth.
2. Add avocado and process.
3. Put half the pudding base in a bowl.
4. Add juice to the pudding and stir.
5. Add salt and stir.
6. Add cordyceps and shiitake powder and stir.
7. Add stevia and stir.
8. Add lucuma and stir.

Personal Notes for *Immune-Boosting Pudding*:

- Avocados are full of glutathione. Glutathione is a master anti-oxidant.
- You can make this any flavor you want: vanilla, pecan, etc.
- Key lime is a good flavor, since limes are good for your immune system.
- The zucchini gives the pudding more texture and moisture, as well as nutrition.
- Lucuma is an herb from South America that is loaded with immune supporting nutrients. It has a sweetness to it.
- If you like the pudding sweeter, you can add erythritol or inulin powder.
- Carob is high in calcium, and cacao is high in magnesium, so they are good together.

Chia Gel

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.



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

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

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

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>