



Five Natural Immune Boosters



1 DIET

Include colourful fruits and vegetables in your daily diet, which are rich in antioxidants that fight free radicals known suppress the immune system and damage DNA. Also choose healthy fats (such as omega-3 fatty acids found in oily fish and flaxseed) over saturated fats (found in meat and dairy products), which may increase your body's production of compounds that regulate the immune system. For an extra boost, add garlic and ginger to your meals regularly.

Garlic contains virus-fighting and bacteria-killing properties and ginger is a natural anti-inflammatory. Finally, drink plenty of water and avoid sugary beverages like pop and energy drinks to flush out your system.

2 EXERCISE

Exercising regularly can mobilize your T cells, a type of white blood cell that guards the body against infection.

3 STRESS REDUCTION

Chronic stress can have a negative impact on immunity. While short-term exposure to stressors can rev up your immune defences, prolonged stress can wear down the immune system and increase your vulnerability to illness. To keep your stress in check, practice a relaxation technique like meditation, yoga, deep breathing or tai chi daily.

4 SLEEP & HYGIENE

Keeping your hands clean is one of the best ways to ward off illness. Always wash your hands for 15 to 20 seconds using warm water and soap before preparing food or eating and after coughing, sneezing, using the bathroom or touching public surfaces. Another healthy lifestyle habit that is vital to preventing illness is getting a full eight hours of sleep each night.

5 HERBS & SUPPLEMENTS

Although scientists haven't yet proven that the antioxidant vitamin C can enhance immunity, there is evidence that it can reduce the number of colds you get. Herbs such as astragalus, echinacea and elderberry may also help reduce the duration and severity of colds and flu if they're taken at the first sign of symptoms.

Walk your way to 100+ calories in just 15 minutes!

A 15-minute walk not only burns calories, but also helps fight fatigue and inactivity as well as the health hazards of sitting too long. Here's how to make the most of your next 15-minute walk:

Change into athletic shoes.

You'll be much more likely to put more intensity into your walk if your feet are comfortable and well-supported.

Warm up.

Walk at any easy pace for the first few minutes to give your muscles a chance to relax and prep your body for a more intense pace.

Increase your pace.

After warming up, begin walking briskly so that you're breathing heavier than normal, you're feeling a bit warm and possibly breaking a bit of a sweat, but can still carry on a conversation.

Switch it up.

To burn extra calories, add speed intervals to your walk. Walk at a brisk pace for three minutes, then as fast as you can for 30 seconds, then back to a brisk pace for one minute, then repeat. You can also add intensity by including stairs or a steep hill in your route.

Cool down.

Always use the last minute of your walk for a slower, cool down pace.



RECIPE of the MONTH

Green Leaf, Pear & Goat Cheese Salad

- 1/3 c. (80 ml) walnuts
- 3 tbsp. (45 ml) extra virgin olive oil
- 1 tbsp. (15 ml) lemon juice
 - 1 head green leaf lettuce, torn into bite-size pieces
- 1/2 medium bosc pear, cored and thinly sliced
- 3 oz. (90 ml) low-fat soft plain goat cheese
 - salt to taste
 - freshly ground black pepper to taste

Heat oven to 275°F (135°C). Spread walnuts on a baking tray and bake until fragrant and lightly browned, about 10 minutes. Roughly chop nuts. Place oil, lemon juice and a pinch of salt and pepper in a jar with a lid. Close tightly and shake vigorously to combine. Place lettuce and pear slices in a mixing bowl. Season with salt and pepper, add dressing and toss. Divide among plates, sprinkle cheese and nuts on top, and serve. Makes four servings (3 c./710 ml each).

Nutrients per serving:
Calories 200
Total Fat 18 g
Saturated Fat 3.5 g
Sodium 190 mg
Carbohydrates 7 g
Fibre 2 g
Protein 4 g

Prevent Dry Skin

1. Exfoliate daily.
2. Drink lots of water.
3. Apply hydrating skin masks once or twice a week.
4. Use day and night creams.
5. Avoid harsh soaps.



“LIVING WELL
AND
BEAUTIFULLY
AND JUSTLY
ARE ALL ONE
THING.”

– SOCRATES

Top 20 Detox Foods

Pomegranates

Arugula

Garlic

Seaweed

Lemons

Apples

Cabbage

Quinoa

Wheatgrass

Almonds

Avocado

Blueberries

Beets

Cauliflower

Parsley

Ginger

Green tea

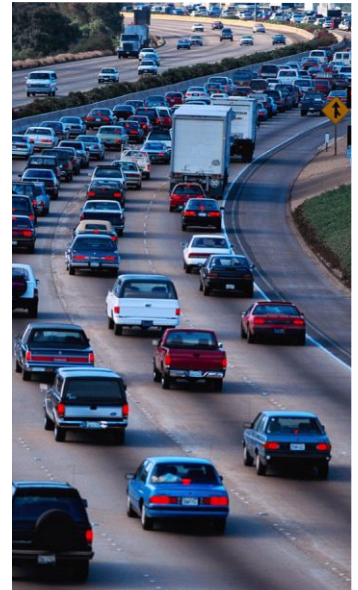
Flaxseeds

Fennel



6 Secrets to a HAPPIER COMMUTE

1. Use public transportation whenever possible.
2. Consider carpooling.
3. Plan a route that avoids stop and go traffic.
4. Adjust your hours of work, if possible, to avoid rush hour.
5. Leave 10 minutes earlier.
6. Plan alternatives routes so that you're always in control.



HAPPY HOLIDAYS RECIPE



Healthy Egnog

- 1/2 c. (120 ml) egg substitute
- 2 c. (480 ml) skim milk
- 1/2 c. (120 ml) fat-free creamer
- 2 tbsp. (30 ml) sugar substitute
- 1 tsp. (5 ml) vanilla
- 1/2 tsp. (2.5 ml) nutmeg, cinnamon or pumpkin spice

Alcoholic version:

2 tsp. (10 ml) rum extract or 2 tbsp. (30 ml) rum, brandy or bourbon (or to taste)

This takes just minutes to prepare but hours to refrigerate. Pour ingredients into a container, mixing until thickened. Cover egg nog and allow to chill for at least 2 hours. Top each glass of eggnog with a sprinkle of cinnamon or nutmeg on top or add a dollop of fat-free, sugar-free whipped topping.



Nutrients per serving:
 Calories 156
 Total Fat 6.5 g
 Saturated Fat 3.5 g
 Sodium 177 mg
 Carbohydrates 12 g
 Fibre 0 g
 Protein 12 g





Dining Out HEALTHY

Choose the right restaurant.

Choose restaurants that rely primarily on healthy ingredients. That means avoiding fast-food chains and family/casual restaurants that fill their menus with fried, salty and sugary foods. Instead, enjoy a meal at a restaurant where you can discuss how the food is prepared with your server and influence what ends up on your plate.

Use the menu as a guide.

Carefully read the descriptions of the dishes on the menu and ask the server questions about how the food is prepared. For example, is it fried, sautéed, baked or broiled? Does the sauce contain butter or cream? How are the vegetables prepared? And don't be afraid to ask for something to be prepared the "healthy" way.

Pass on the bread basket.

Remember that when something's not in front of you, you're less likely to grab a piece or two or three out of habit. When a bread basket is on your table, choose a piece that's whole wheat or whole grain and ask for extra-virgin olive oil to dip it in instead of using butter.

Load up on veggies.

Instead of the white potatoes, pasta or rice that are typically included with entrées, ask for an extra helping of steamed or grilled vegetables to complement your dinner. This will help curb your hunger and prevent blood sugar spikes.

Choose lean protein.

Lean protein helps you maintain muscle mass during weight loss. It also curbs cravings and keeps you feeling fuller longer. The best lean beef choices are ground sirloin, beef tenderloin, top loin, top round and flank steak. Other lean protein choices are skinless turkey and chicken breast, pork loin, fish and shellfish. You can also go meatless and ask for a dish made with tofu, beans and/or vegetables. Remember to ask that your entrée be baked, grilled, broiled or sautéed with extra-virgin olive oil, and for any sauces to be on the side.

Enjoy (a little) dessert.

If you do splurge on dessert, use the "Three-Bite Rule": order the one that tantalizes you the most—along with extra forks for the rest of your party. Then, savour just a few bites and pass the plate to the others at your table to enjoy the rest.