

Immune Boosting Foods

- **BLUEBERRIES** The ultimate immune-boosting food. Rich in anti-oxidants.
- **BROCCOLI** Guards against cancer and is rich in a wide range of anti-oxidants, vitamins C and E, folate and iron.
- **CARROTS** High in carotenes, known to boost the immune system.
- **LETTUCE AND SALAD GREENS** Tangy varieties, such as chicory and endive, stimulate the liver, making them great detoxifiers. Most lettuces contain valuable amounts of vitamins, minerals and anti-oxidants.
- **BEETROOT** Bursting with minerals and has anti-cancer, anti-inflammatory, anti-oxidant, immune-boosting and detoxifying properties.
- **BRAZIL NUTS** You only need to eat two or three a day to benefit from their great combination of immune-boosting nutrients: vitamin E, selenium and B vitamins.
- **GRAPEFRUIT** Has immune-boosting, antiseptic, wound-healing and anti-bacterial properties.
- **GARLIC** Strengthens the heart and blood, and has anti-bacterial, anti-fungal and anti-viral properties. Also thought to help lower blood pressure. A key ingredient is allicin, which has cancer-fighting potential.
- **CRANBERRIES** Best known for helping to prevent and treat urinary tract infections, especially cystitis, in women. They have both anti-fungal and antiviral properties.
- **GINGER** Stimulates the immune system and circulation.