

IMMUNE-  
BOOSTING  
RECIPES TO  
BIOHACK  
YOUR WAY  
TO BETTER  
HEALTH

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## About the Author

Sandy DeRose is a published author who writes about health, wellness, natural alternatives and anti-aging.

She has been involved in the research and development of products for a renowned, award-winning anti-aging doctor for over 10 years. She has contributed to many health and beauty publications.

Her passion for health, wellness and natural remedies has led her on this path for living the best you can. She also loves to share her knowledge with everyone she meets.

Sandy also has a free newsletter where she provides the latest in anti-aging news. On her website you will also find tips on every aspect of anti-aging as well as archives of past newsletters.

To sign up for the latest in anti-aging news go here:

[Free Newsletter](#)

# Introduction

Achieving optimal health can be a challenge with our stressful, fast-paced modern lifestyles.

The toll of poor diet, lack of sleep, and constant demands leaves our bodies depleted, and our immune systems weakened.

But what if you could “hack” your body’s systems, improving their function and resistance to disease?

That’s the premise behind biohacking - using science and technology to upgrade your physiology.

In this eBook, we’ll explore how biohacking techniques can strengthen immunity by targeting digestion, inflammation, antioxidants, and other processes that impact how our bodies work.

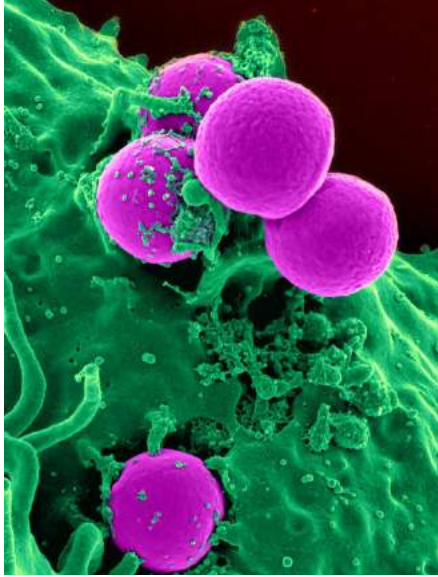
You’ll discover foods that fortify cells, reduce harmful inflammation, and support the gut microbiome – your digestive allies that power immune response.

With many, immune-enhancing recipes, you’ll learn to incorporate antioxidants, anti-inflammatory spices, gut-friendly fermented foods, soothing broths and teas into daily meals.

Follow this biohacking blueprint of tasty, health-promoting foods and habits to take control of your wellbeing.

Turn your kitchen into an immunity-boosting sanctuary as you blend, bake and simmer your way to enduring energy and protection.

Come along on the journey towards your highest potential for health and happiness through biohacking!



## Chapter 1: Immunity Basics

The immune system is the body's defense force against invaders and illness.

It is comprised of organs, cells, and proteins that work together to protect against germs and infections.

Understanding how immunity works provides a framework for biohacking strategies that can strengthen your body's disease resistance.

### **Key components of the immune system include:**

**White blood cells:** These infection-fighting cells circulate throughout the body, identifying and neutralizing pathogens. Different types of white blood cells have specialized roles. Some consume bacteria, some produce antibodies to mark intruders for destruction, and others remember previous invaders for faster response times.

**Lymph nodes:** Small, bean-shaped structures located throughout the body that contain white blood cells. Lymph nodes filter lymph fluid and trap bacteria, viruses and other harmful substances. They contain lymphocytes that activate when the body is under threat.

**Bone marrow and thymus:** These organs produce different types of white blood cells from stem cells. The bone marrow makes white blood cells that fight infection in the bloodstream, while the thymus generates T cells that destroy compromised cells in the body.

**Complement system:** This group of proteins aids white blood cells and antibodies in clearing infections from the body by triggering responses like inflammation, destroying cell walls, and marking pathogens for removal.

When a foreign microbe enters the body, the immune system employs various techniques to recognize, attack and destroy the invader.

However, lifestyle factors like chronic stress, poor diet, and lack of sleep can weaken immune response.

Biohacking with immune-supportive foods and habits can strengthen immunity by reducing inflammation, increasing white blood cells, and optimizing the complement system.



## **Chapter 2: Gut Health and Immunity**

The gut microbiome - the collection of microbes in the digestive system - has an intricate connection to immune health.



Beneficial bacteria support immunity, while an imbalance of microbes can compromise it.

Optimizing the microbiome with probiotic foods can biohack immunity.

Key aspects of the gut-immune relationship include:

Beneficial bacteria like *Lactobacillus* and *Bifidobacterium* improve gut barrier function, preventing pathogens from entering the bloodstream and activating immune response.

Probiotics stimulate macrophages and natural killer cells - immune cells that engulf and destroy compromised cells. This bolsters immune defenses.

Fermented foods contain metabolites from probiotics that regulate inflammation and enhance antibody production. This strengthens innate and adaptive immunity.

An unbalanced microbiome produces fewer nutrients for immune cells, increases inflammation, and weakens gut defenses, hampering immune function.

Probiotic-rich foods biohack immunity by optimizing the microbiome's community of bacteria. Examples include:

Yogurt - Look for brands with live active cultures like *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.

Kefir - Higher in probiotics than yogurt, the live cultures in kefir include *Lactobacillus kefir* and *L. paracasei*.

Sauerkraut - Naturally fermented sauerkraut provides probiotics like *Lactobacillus plantarum* and *Leuconostoc mesenteroides*.

Kimchi - This fermented cabbage contains *Lactobacillus kimchii* along with other immune-boosting probiotic species.

Rebalance your microbiome with traditional fermented foods to biohack stronger innate and adaptive immunity through improved gut health.



## Chapter 3: Anti-Inflammatory Foods and Spices

Inflammation is the immune system's response to a threat trying to damage the body.



Short bouts of inflammation help protect and heal the body when injured or ill.

However, ongoing low-grade inflammation that doesn't resolve can harm healthy cells and lead to inflammatory diseases. The good news is that certain foods contain natural anti-inflammatory compounds that can help regulate inflammation.

Eating these foods regularly may improve immune balance and prevent constant inflammation.

**Turmeric** – This bright yellow spice contains the compound curcumin, which gives turmeric its distinctive color and powerful anti-inflammatory properties. Curcumin blocks inflammatory enzymes and signals in the body and increases anti-inflammatory signals instead. This eases swelling and pain. You can ingest turmeric by mixing it into "golden milk" - a beverage made with warm milk, turmeric, ginger and cinnamon (recipe in chapter 9).

**Ginger** – Ginger root contains gingerol, paradol and other compounds that reduce a specific inflammatory molecule called nitric oxide. Studies show ginger extract can lessen muscle soreness and inflammation similar to non-steroidal anti-inflammatory (NSAID) medications like ibuprofen. Eat fresh ginger by adding it to teas, stir-frying it with veggies, or blending into dressings and marinades.

**Garlic** – The sulfur-containing compounds in garlic, including diallyl sulfide and allicin, lower activity of inflammatory signals called cytokines. Garlic also provides antioxidant benefits to prevent inflammation from cell-damaging free radicals. Add raw minced garlic to soups, hummus, salad dressings, etc.

**Leafy Greens** – Greens like kale, spinach and swiss chard contain omega-3 fatty acids that counter inflammation. They also have antioxidants like beta-carotene, quercetin and lutein which regulate inflammatory response. Add leafy greens to your diet by putting them in salads, smoothies, and sautés.

**Extra Virgin Olive Oil AKA EVOO** - Contains oleocanthal, which gives EVOO its peppery taste and acts similarly to ibuprofen -

blocking inflammatory enzymes called COX. Olive oil also delivers polyphenol antioxidants to protect cells. Drizzle EVOO over vegetables, bruschetta, and salad.

**Berries** – All berries are rich in anthocyanin antioxidants that guard against inflammation. The antioxidants in strawberries, blueberries, blackberries and others inhibit the inflammatory cascade. Eat berries fresh or frozen in smoothies.

Incorporating more of these anti-inflammatory foods can prevent excessive inflammation for a more balanced, resilient immune response.



## **Chapter 4: Antioxidants for the Immune System**

Antioxidants are substances that prevent or delay cell damage from oxidation caused by unstable molecules called free radicals.

Too many free radicals can lead to oxidative stress, which can suppress immune function.

Consuming antioxidant-rich foods can strengthen immunity by reducing this oxidative damage.

**Berries** - All berries are antioxidant powerhouses. Blueberries, blackberries, raspberries and strawberries contain vitamin C, anthocyanins, ellagic acid and catechins. These antioxidants reduce inflammation, protect cells from free radicals, and support healthy immune response.

**Tomatoes** - Contain antioxidants like lycopene and beta-carotene which enhance activity of immunity cells like natural killer cells and T-cells. Tomatoes also protect against sun damage from UV radiation.

**Nuts and seeds** - Almonds, walnuts, sunflower and pumpkin seeds are great sources of vitamin E, selenium, and healthy fats which regulate immune response. Brazil nuts are very high in selenium.

**Dark chocolate** - The cacao bean is packed with flavonoid antioxidants like epicatechin. Dark chocolate with high cacao content offers anti-inflammatory benefits to balance immune reaction. It also provides mood-boosting compounds.

**Turmeric** - Curcumin is the active compound that gives turmeric its vibrant yellow color and potent antioxidant properties. Curcumin boosts immune cell activity and inhibits free radical formation.

**Green tea** - Full of catechin antioxidants like EGCG, green tea protects cells against oxidative stress that can suppress immune function. Matcha green tea is especially high in catechins.



**Other antioxidant-rich foods:** Carrots, broccoli, red/yellow peppers, extra virgin olive oil, citrus fruits, spinach, artichokes, pecans, kidney beans, beets, red cabbage.

**Here are some quick and easy ways to incorporate antioxidant-rich foods:**

Green Tea Smoothie - Blend spinach, banana, mango, green tea and almond milk. Top with chia seeds.

Curried Carrot Soup - Sauté minced onions and curry powder. Add broth and carrots and simmer until carrots are tender. Blend until smooth.

Kale Citrus Salad - Massage kale with olive oil, lemon juice, orange slices, avocado and toasted walnuts.

Overnight Oats - Mix oats, yogurt, almond milk and berries in a jar and refrigerate overnight. Top with pumpkin seeds before eating.

Blueberry Pecan Energy Bites - Mix dried blueberries, pecans, oats, honey, coconut oil and cocoa powder. Form into balls.

Dark Chocolate Avocado Mousse - Blend avocado, cocoa powder, honey and milk until smooth and creamy.

Aim to fill your diet with a diverse range of antioxidants found in fruits, vegetables, spices, teas, nuts and seeds.

Pair these antioxidant-packed foods with vibrant recipes like Green Tea Smoothies, Curried Carrot Soup, Kale Citrus Salads, and Dark Chocolate Avocado Mousse for an extra punch.

Taking in more antioxidants through delicious, immune-supporting meals and snacks will provide your body with the nutritional firepower it needs to defend against oxidative stress and damage.

A diet abundant in antioxidant foods is a key strategy to biohack a resilient immune system capable of fending off pathogens and disease.



## Chapter 5: Bone Broths to Support Immune Health

Bone broth is a nutrient-dense, healing liquid made by simmering bones and connective tissue in water for many hours.

This long cooking time extracts amino acids, minerals, and compounds that support immunity in various ways.



### Benefits of bone broth for immunity:

**Glycine** - This amino acid in bone broth reduces inflammation, allowing the immune system to calm down after responding to threats. Excess inflammation suppresses immunity.

**Gelatin** - Helps seal gaps in the intestinal lining, preventing entry of pathogens that could activate the immune system unnecessarily. Supports a healthy gut microbiome.

**Glutamine** - Crucial for proper functioning of immune cells like lymphocytes and macrophages. Maintains optimal immunity. Minerals like zinc, manganese, selenium - These minerals support immune cell development and antibody production for adaptive immunity. They also have antioxidant effects.

**Electrolytes** - The electrolytes in bone broth replenish immune cells and prevent dehydration, which compromises immunity.

**Include healing, immune-supporting bone broth in your diet by:**

- Sipping plain broth as a snack or light meal
- Using broth as the base for soups and stews
- Cooking grains like rice or quinoa in broth instead of water
- Adding broth to gravies and pan sauces

**Here are a few immune-boosting bone broth recipes:**

### **Classic Beef Bone Broth**

Ingredients:

3-4 lbs beef bones (marrow, knuckle, neck, etc)

3 bay leaves

1 onion, chopped

2 carrots, chopped

2 celery stalks, chopped

2 tablespoons apple cider vinegar

1 bunch parsley

Instructions:

Preheat oven to 350°F. Place beef bones on a baking sheet and roast for 30 mins.

Transfer bones to a large pot and add remaining ingredients. Fill with water to cover.

Bring to a boil then reduce to low simmer for 12-24 hours, skimming fat and foam as needed.

Strain out solids. Drink broth straight or use in recipes.

## **Chicken Herb Bone Broth**

Ingredients:

1 whole chicken carcass

Chicken wings, feet or necks (optional)

1 onion, chopped

3 carrots, chopped

3 celery stalks, chopped

1 tablespoon apple cider vinegar

3 sprigs fresh thyme

3 sprigs fresh rosemary

2 bay leaves

Instructions:

Place chicken carcass and any wings, feet or necks into a large pot. Add remaining ingredients and cover with water.

Bring to a boil then reduce to low simmer for 8-24 hours, skimming fat and foam occasionally.

Strain out solids. Season with sea salt if desired. Drink broth straight or use in recipes.

## **Post-Workout Bone Broth Protein Shake**

Ingredients:

- 1 cup beef or chicken bone broth, chilled
- 1 banana
- 2 tablespoons cocoa powder
- 2 tablespoons peanut butter
- 1 scoop vanilla protein powder

Instructions:

Blend all ingredients together until smooth and creamy. The bone broth provides electrolytes, gelatin and proline to rebuild. Banana gives potassium and carbs for recovery.

## **Immunity Noodle Soup**

Ingredients:

- 6 cups chicken bone broth
- 1 tablespoon grated fresh ginger
- 3 cloves garlic, minced
- 2 tablespoons miso paste
- 8 oz rice noodles
- 2 cups fresh spinach
- 1 cup shredded cooked chicken



Instructions:

Bring bone broth to a simmer in a pot with ginger and garlic. Whisk in miso paste until dissolved.

Add noodles and cook according to package directions. Stir in spinach and cooked chicken and cook 1 more minute before serving.

## **Golden Bone Broth**

Ingredients:

6 cups beef bone broth  
1 tablespoon turmeric powder  
1 teaspoon black pepper  
1 13.5 oz can coconut milk

Instructions:

Place beef bone broth in a pot with turmeric and black pepper. Whisk in coconut milk and gently heat through without boiling. Drink warm or chilled. The turmeric, coconut milk, and black pepper provide anti-inflammatory and antioxidant benefits.

## **Bone Broth Rice Porridge**

Ingredients:

6 cups chicken bone broth  
1 cup white rice  
1/4 cup chopped dates  
1/4 cup chopped apricots

1 teaspoon cinnamon  
1 cup almond milk

Instructions:

Bring bone broth to a simmer and add rice. Cook for 30 minutes until broth is absorbed and rice is very soft.

Stir in dates, apricots, cinnamon and almond milk. Cook 5 more minutes.

Serve porridge warm for breakfast.

These recipes provide easy ways to incorporate the immune-strengthening benefits of bone broth into your daily diet through soothing drinks and savory soups.



## **Chapter 6: Breakfasts to Kickstart Your Immunity**

Starting your day with a nutritious breakfast is key to supporting a strong immune system.

Aim for a balanced meal containing fiber, protein, healthy fats and antioxidants.

**Here are some delicious, immunity-boosting breakfast recipes:**

### **Savory Kimchi Oatmeal (Serves 2)**

Ingredients:

1 cup steel cut oats  
1/4 cup kimchi, chopped  
1 cup vegetable broth  
2 eggs  
1 tablespoon sesame oil  
2 scallions, sliced  
1 tablespoon sesame seeds

Instructions:

Bring oats, kimchi and broth to a boil, then reduce heat and simmer 5 minutes.

In a skillet, fry two eggs in sesame oil.

Divide oatmeal between bowls, top with a fried egg each.

Garnish with scallions and sesame seeds before serving.

### **Salmon and Broccoli Frittata (Serves 4)**

Ingredients:

8 eggs  
1/4 cup milk  
1 lb salmon, cooked and flaked

2 cups broccoli florets, chopped  
1/4 cup fresh dill, chopped  
1 cup cheddar cheese, shredded  
2 tablespoons olive oil

Instructions:

Preheat oven to 350°F and grease a pie pan with olive oil.  
In a bowl, whisk eggs, milk, salmon, broccoli, dill and 1/2 cup cheese.

Pour into prepared pan, top with remaining 1/2 cup cheese.  
Bake 25-30 minutes until set. Let cool before slicing.

### **Sweet Potato Breakfast Hash (Serves 4)**

Ingredients:

2 sweet potatoes, peeled and diced  
1 bell pepper, diced  
1 onion, diced  
2 tablespoons olive oil  
1 15-oz can black beans, rinsed and drained  
1 cup kale, chopped  
1/4 cup salsa  
4 eggs  
Salt and pepper to taste

Instructions:

Heat olive oil in a skillet over medium-high heat. Add sweet potatoes, pepper and onion and cook 5 minutes.  
Add black beans, kale and salsa. Cook 5 more minutes.

Make 4 wells in the hash, crack an egg in each. Cook 4-5 minutes more until egg whites are set.

Season with salt and pepper before serving.

Starting your day with gut-friendly probiotic foods, anti-inflammatory omega-3s, immune-regulating vitamins and antioxidants provides the nutritional foundation for resilient immunity.

Rotate through vitamin-packed breakfast recipes like savory oatmeal, veggie frittatas and sweet potato hash to support healthy immune cell function.

Developing the habit of eating an immune-boosting breakfast allows you to take charge and optimize your wellbeing right from the start of each day.

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## **Chapter 7: Lunches and Dinners to Fortify Your Immunity**

Lunch and dinner give you more opportunities to fill your diet with immune-strengthening foods.



Aim for balanced meals containing lean proteins, energizing whole grains, disease-fighting vegetables, gut-friendly fermented foods, and antioxidant herbs and spices.



Here are nutritious recipes to try:

### **Grain Bowl with Tofu and Crunchy Slaw** (Serves 2)

Ingredients:

- 1 block firm tofu, pressed and cubed
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 cup quinoa, cooked
- 2 cups leafy greens
- 1 cup crunchy slaw mix
- 1 avocado, sliced
- 1 tablespoon sesame seeds

Instructions:

Toss tofu in soy sauce and sesame oil then roast at 400F for 25 minutes until crispy.

Cook quinoa according to package directions.  
Toss leafy greens and slaw mix together.

Divide quinoa between two bowls. Top with tofu, slaw, avocado and sesame seeds.

### **Turkey and Vegetable Soup** (Serves 4)

Ingredients:

- 1 lb ground turkey
- 1 onion, diced
- 3 carrots, sliced

3 stalks celery, sliced  
1 zucchini, chopped  
6 cups broth  
2 cups spinach  
1 tsp oregano  
Salt and pepper

Instructions:

Cook ground turkey and onion until turkey is browned.  
Add carrots, celery, zucchini and broth. Simmer 20 minutes.

Stir in spinach and oregano, cook 5 more minutes.  
Season with salt and pepper.

**Soba Noodle Bowl with Edamame** (Serves 2)

Ingredients:

4 ounces soba noodles  
1 cup shelled edamame  
1 red bell pepper, sliced  
2 scallions, chopped  
2 tablespoons toasted sesame seeds  
1/4 cup peanut sauce  
Lime wedges for serving

Instructions:

Prepare soba noodles according to package.  
In a skillet, sauté pepper 2 minutes, add edamame and cook 1 minute more.

Divide noodles between bowls, top with veggies.  
Garnish with scallions, sesame seeds, peanut sauce and lime.

## **Sheet Pan Salmon with Roasted Vegetables** (Serves 4)

Ingredients:

1 lb salmon fillet  
2 cups broccoli florets  
1 red onion, sliced  
2 tablespoons olive oil  
1/4 teaspoon each salt and pepper  
Lemon wedges for serving

Instructions:

Preheat oven to 400°F.

Place salmon, broccoli and onions on a rimmed baking sheet.  
Drizzle with olive oil and season with salt and pepper.

Roast 15 minutes until salmon flakes easily and veggies are tender.

Serve with lemon wedges.

## **Vegetarian Chili** (Serves 6)

Ingredients:

1 onion, diced  
3 cloves garlic, minced  
1 red bell pepper, chopped  
1 jalapeno, minced

2 tablespoons olive oil  
2 tablespoons chili powder  
1 tablespoon cumin  
1 15-oz can black beans  
1 15-oz can kidney beans  
1 28-oz can diced tomatoes  
1 cup vegetable broth  
Juice of 1 lime  
2 tablespoons cilantro  
Instructions:

In a soup pot, sauté onion, garlic, bell pepper and jalapeno in olive oil 2 minutes.

Add chili powder and cumin, cook 1 minute more.

Add remaining ingredients and simmer 20 minutes.

Stir in lime juice and cilantro before serving.

### **Bison Burgers with Sweet Potato Fries** (Makes 4 burgers)

Ingredients:

1 lb ground bison  
1/2 onion, diced  
1 garlic clove, minced  
1/2 cup breadcrumbs  
1 egg  
2 sweet potatoes, cut into fries  
2 tablespoons olive oil  
1 teaspoon paprika  
4 whole wheat burger buns

## Instructions:

In a bowl, combine bison, onion, garlic, breadcrumbs and egg. Form into 4 patties.

Toss sweet potatoes with olive oil and paprika. Roast at 425F for 25 minutes, flipping halfway.

Grill burgers 5-7 minutes per side. Serve on buns with sweet potato fries.

Make your lunches and dinners work harder for you by incorporating gut-healthy fermented foods, anti-inflammatory spices, antioxidant-rich vegetables and lean proteins into satisfying recipes.

Meals like grain bowls, salmon with roasted veggies, vegetarian chili and bison burgers provide immune-optimizing nourishment to start and end your day strong.



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## Chapter 8: Snacks and Treats to Support Your Immunity

In addition to fortifying main meals, small snacks throughout the day are a great opportunity to feed your immune system.

Having healthy, nutrient-packed snacks on hand makes it easy to avoid processed options and satisfy cravings.

Here are some immune-enhancing recipes:

### **Turmeric Roasted Chickpeas** (Makes 2 cups)

Ingredients:

2 15-oz cans chickpeas, drained and rinsed  
1 tablespoon olive oil  
1 teaspoon turmeric  
1/2 teaspoon cinnamon  
1/4 teaspoon black pepper  
1/4 teaspoon salt

Instructions:

Preheat oven to 400°F.

Toss chickpeas with oil and spices.

Roast on a baking sheet for 35-40 minutes, shaking occasionally, until crispy.

Let cool before serving. Store in an airtight container.

### **Blueberry Coconut Chia Pudding** (Serves 4)

Ingredients:

1 cup coconut milk  
1/3 cup chia seeds  
1 cup blueberries  
2 tablespoons maple syrup  
1/2 teaspoon vanilla  
1/4 cup toasted coconut

Instructions:

Whisk together coconut milk, chia seeds, blueberries, maple syrup and vanilla.

Refrigerate at least 2 hours.

Top with toasted coconut before serving.

### **Green Monster Smoothie** (Serves 2)

Ingredients:

2 cups spinach  
1 cup pineapple  
1 banana, frozen  
1 cup coconut water

1 tablespoon fresh ginger  
Juice of 1 lime  
1 tablespoon chia seeds

Instructions:

Blend all ingredients until smooth.

Pour into two glasses to serve.

## **Edamame Hummus with Veggies**

Ingredients:

1 1/2 cups shelled edamame  
1 garlic clove  
3 tablespoons tahini  
Juice of 1 lemon  
Salt to taste  
Assorted vegetable crudité's

Instructions:

In a food processor, blend edamame, garlic, tahini and lemon juice until smooth.

Season with salt to taste. Serve with assorted vegetables.  
The chickpeas, edamame, chia seeds and vegetables provide fiber.

Anti-inflammatory compounds come from turmeric, ginger, garlic, berries and greens.



Healthy fats lend support from edamame, coconut and avocado.

This combination of snacks offers steady immune reinforcement throughout the day.

Strategic snacking ensures your body has the constant nutrient intake it needs to maintain energy and resilient immune defenses.

Keeping turmeric chickpeas, chia puddings, green smoothies and veggie hummus on hand makes it easy to avoid empty processed snacks and feed your immune system instead.

Each snack incorporates important compounds like fiber, antioxidants, and healthy fats so your immune cells stay nourished and ready to respond.

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## **Chapter 9: Soothing Drinks to Enhance Your Immunity**

Staying hydrated and incorporating immune-supporting drinks can reinforce your body's defenses.



Herbal teas, bone broth, and antioxidant-rich beverages provide nourishment.

Try these healing recipes:

## **Golden Milk**

Ingredients:

1 cup unsweetened coconut milk  
1 teaspoon turmeric powder  
1/2 teaspoon cinnamon  
1/2 teaspoon ginger powder  
1/2 teaspoon black pepper  
1 tablespoon honey (optional)

Instructions:

Place all ingredients in a small saucepan and gently heat over medium, stirring frequently, until warmed but not boiling. Transfer to a mug and sip slowly.

The anti-inflammatory turmeric, ginger, cinnamon and black pepper combine to combat oxidative stress. Coconut milk provides hydration.

## **Iced Green Tea Latte**

Ingredients:

3 green tea bags  
4 cups water  
1 cup milk of your choice  
2 tablespoons maple syrup

Instructions:

Steep green tea bags in 4 cups boiling water for 5 minutes.  
Discard tea bags.

Refrigerate tea for 1 hour until completely cooled.  
Fill a glass halfway with tea, then add milk and maple syrup.

Add ice and enjoy.

The antioxidant EGCG in green tea supports immune cell function.  
Milk provides protein and calcium for immunity.

## **Beet and Carrot Juice**

Ingredients:

3 medium beets, peeled and chopped  
3 large carrots, chopped  
1 inch ginger, peeled  
1 lemon, peeled

Instructions:

Juice all ingredients in a high-powered juicer.  
Stir to combine and serve over ice.

The nitrates in beets relax blood vessels to improve circulation.  
Carrots provide vitamin A for mucosal immunity. Ginger acts as an anti-inflammatory.

Hydrating your body while incorporating antioxidant, anti-inflammatory, and electrolyte-rich drinks allows you to

continuously supply your immune system with compounds that regulate inflammation, support cells, and control oxidative stress.

Sipping healing elixirs like golden milk, green tea, and vegetable juices makes nourishing your immunity easy and delicious.



## **Chapter 10: Lifestyle Tips to Complement Your Immunity Diet**

While diet is crucial, certain lifestyle habits and targeted supplements also impact immune health.

Optimizing sleep, managing stress, exercising, hydrating, and avoiding toxins can reinforce your dietary efforts.

**Sleep:** Get 7-9 hours per night in a cool, dark, quiet environment. Maintain a consistent sleep-wake cycle and limit pre-bed screen time. Adequate sleep allows immune cell regeneration.

**Stress:** Control emotional stress through yoga, meditation, journaling, and other relaxing hobbies you enjoy. Chronic stress raises cortisol and suppresses immunity.

**Exercise:** Aim for 30-60 minutes of moderate exercise daily to benefit circulation, blood flow, and lymphatic drainage which all support immunity.

**Hydration:** Drink at least 6-8 glasses of fluids like water, herbal tea, and bone broth to aid lymphatic function and cell metabolism.

**Toxins:** Avoid toxins from household/beauty products, processed foods, plastics. Use natural products and eat an organic, whole food diet.

**Supplements:** Certain vitamins, minerals and herbs complement an immune-focused diet:

- Vitamin C - This antioxidant supports immune cells and protects against oxidative damage. Get 75-100 mg per day.
- Vitamin D - Critical for immune regulation, aim for 600-800 IU daily from sunlight, foods or a supplement.
- Zinc - Supports development and function of immune cells. Eat at least 15 mg per day from foods.
- Probiotics - Healthy gut bacteria that support immunity. Get from yogurt, kefir, kimchi or a supplement.
- Omega-3s - Powerful anti-inflammatory effects; regulate immune response. Eat omega-3-rich foods like fish.
- Adaptogens - Herbs like elderberry, ashwagandha, ginseng may strengthen defenses against stressors.

Carefully chosen supplements alongside immune-supporting meals, hydration and lifestyle habits create a synergistic approach to resilient immunity. A

Always consult a healthcare provider before starting new supplements.



## Conclusion

Aging is inevitable, but incorporating the strategies in this book can help you age actively and healthfully.

Small, consistent changes to your diet and lifestyle compound over time for significant benefits.



Make it a habit to include a variety of anti-aging superfoods covered in this book like leafy greens, berries, avocados, nuts, fatty fish and green tea.

Let herbs and spices generously flavor your plant-based longevity diet.

Compliment smart nutrition with regular exercise, stress management, quality sleep, social connection and a positive mindset.

While genetics play a role, you have more control over your health and quality of life than you may think.

Your actions directly influence cells, genes, and biological processes that determine how well you age.

View longevity not as something out of your control, but as the cumulative result of daily choices over decades.

Make the most of every day through nourishing foods, healthy habits, and practices that sustain your energy, vitality and engagement with life.

Small tweaks to your diet, background lifestyle factors, and mindset can profoundly shape your health in later decades.

Commit to lifelong learning and growth. Set goals and design systems that support consistent healthy behaviors.

And approach your longevity journey with curiosity, patience and compassion.

Your future self will thank you for the seeds you plant today.

May the strategies in this book help you live life to the fullest!

For a younger healthier you!!

*Sandy*

[www.antiagenaturally.com](http://www.antiagenaturally.com)

[www.derosehealth.com](http://www.derosehealth.com)

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