

Silver Birch Clinic

October News: Our Immune System

We are entering a time of year where our immune systems will be tested due to the increase of viruses and bacteria that we may encounter during the winter months. Our immune system is intricately designed to keep us well. When we are healthy our immune system will automatically perform it's job by eliminating viruses, bacteria or anything else that might get in the way of being healthy. Our immune system though may become weakened at times. The four main issues that affect it are 1) stress 2) lack of exercise 3) lack of sleep and 4) improper nutrition.

Let's talk about food! Our bodies will thrive on a whole food diet. These types of foods naturally contain all the nutritional elements that we require to maintain our health. It remains important then to eat foods which are whole in nature. Foods that have not passed through many processes and end up in a box. Processed foods lack many of the original nutrients they once had and many chemicals are often added for things such as shelf life and even taste. Stay focused on fresh foods that bring with them all the nutrients that you need to remain healthy. That will at least be your best defence to being well. If we can remain focused on a healthy dietary intake it will be one less thing to direct our attention to in this busy world we live in. Immune supporting vitamins, minerals and other nutrients include: vitamins A, B12, C and E. selenium, zinc, beta-carotene, bioflavonoids, dietary protein, essential fatty acids and folic acid.

Spice Parsnip and Carrot Soup - makes 6 servings

1 lb parsnips and 1 lb carrots, cut 1/3 of each into very thin matchsticks and slice the rest

1 tbsp vegetable oil

1 large leek, halved lengthwise and sliced into 1/2 " pieces

2 tsp curry powder

1 1/2 tsp salt

1 tsp ground cinnamon

1/8 tsp cayenne pepper

1/3 cup quick cooking oats

6 cups water or vegetable broth

*sour cream and chopped cilantro for garnish - optional

Heat the oil in a large pot and add the leek, curry powder, salt, cinnamon and cayenne. Cook, stirring until the leek is softened. Add the sliced parsnips, sliced carrots, oats, and water or broth, and simmer until both vegetables are softened, about 30 minutes.

In batches blend and puree until smooth. Taste and adjust seasonings to your liking. Serve with a dollop of sour cream. Garnish with cilantro & veggie matchsticks.

Parsnips contain- Vitamin C, Folic Acid, Vitamin E, Phosphorus, Potassium, Carbohydrate, Fiber

Carrots contain- Vitamins A, Folic Acid, Iron, Potassium, Magnesium, Carotenes and Pectin