

Fighting Disease: The Complete Guide To Natural Immune Power

15 SUPER FOODS THAT BOOST IMMUNE SYSTEM IN CHILDREN

LEAFY VEGETABLES
Vegetables such as cabbage, cauliflower, spinach, broccoli, tomatoes and other leafy greens help in fighting against the infections.

ROOT VEGETABLES
According to Chinese theory, root vegetables like sweet potatoes, carrots and potatoes are immune strengthening and work specific to respiratory system.

GARLIC, ONIONS AND GINGER
The sulphur compounds present in onion and garlic are so-called flavonoids. The active compounds (flavonoids) in all the three are immune boosting. The active compounds are Allicin in garlic, Quercetin in onions, alagaols and gingerols in ginger. It aids digestion and keeps gastritis at bay. It is also heart healthy.

CAYENNE PEPPERS
Pepper contains the chemical capsaicin, a rich source of vitamin C that aids your immune system in fighting cold and flu.

SQUASH OR PUMPKIN
They are loaded with antioxidants, Vit A, Vit C, manganese, magnesium to some extent is a rich source of folate.

APRICOTS
They are packed with Vit A, Vit C, potassium and good fibre.

CITRUS FRUITS
Oranges, lemons, have a good amount of Vit C and antioxidants.

BERRIES
The berries, strawberry, blackberry, raspberries, blueberry and cranberry contain phytochemical and flavonoids. They are antioxidants too and help in building the immune system.

PULSES
Pulses are rich source of Protein and are the building blocks of our body rich in folate and potassium.

PEAS
It is also rich in antioxidants like flavonoids, carotenoids, phenolic acids and polyphenols.


SPROUTS
Sprouts are loaded with proteins and a powerhouse of nutrition.

NUTS AND SEEDS
Nuts are almonds, walnuts, seeds are pumpkin seeds, flax seeds, sunflower seeds. Nuts and seeds are rich in Vitamin E which is an important antioxidant and immune booster.

CURD
Curd has "good bacteria" or Probiotics which are nowadays widely marketed as health shots to be had daily. It strengthens your immune system by fighting against several microorganisms.

TURMERIC
Turmeric has anti microbial properties. It has curcumin which is an antioxidant and has anti-inflammatory properties.

HONEY
Honey has antimicrobial properties. Moreover it coats the throat and eases irritation of throat. Note: Honey should be given only after 1 year.


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