



Soaring Free

# A quick health & nutrition guide for colds & flu

## Superfoods for Colds & Flu



### CACAO

*primer:* theobromine  
*purpose:*  
may suppress coughing



### CAMU CAMU BERRY

*primer:* bioavailable  
vitamin C  
*purpose:*  
may strengthen  
immune system



### MATCHA

*primer:* catechin  
*purpose:*  
may combat  
cold & flu symptoms



### MEDICINAL MUSHROOMS CHAGA & REISHI

*primer:* broad spectrum  
nutrients  
*purpose:* nourish the  
immune system



### MINERAL RICH ALGAE SPIRULINA & CHLORELLA

*primer:* chlorophyll,  
polysaccharide  
*purpose:* detoxifies &  
cleanses with  
immunomodulatory effects



### MINERAL RICH SUPER GREENS

WHEATGRASS,  
BARLEYGRASS & MORINGA  
*primer:* bioavailable  
vitamin C & multi-minerals  
*purpose:* nourish & maintain  
a healthy immune response

*Other wholefoods to include in your diet for colds & flu:*

Apples, blueberries, garlic, ginger, guavas, lemons, dark leafy greens, oranges & tomatoes

# The right tools to prime your body internally to combat colds and flu

## ALKALISE

an acidic system is a compromised system and cannot optimally deal with foreign bodies, meaning it has to work harder to keep the balance and this creates stress and weakness.

- *Leafy greens (vegetables, smoothies or juices) are alkalising to the body*

## PROBIOTICS

70% of your immune system resides in your gut, i.e. the good bacteria in your gut. Your good gut bacteria needs PREbiotics & PRObiotics to FLOURISH and keep your immune system agile and active.

- *Prebiotic-rich foods feed your good gut bacteria*

- *Probiotic-rich foods diversify your good gut bacteria*

## CLEAN, QUALITY NUTRITION

clean, quality foods don't clog or overload your internal systems, so you don't have digestive or absorption issues and your body can simply focus on keeping all systems balanced.

- *Get enough of the main immune supporting nutrients: vitamin C, D and zinc.*

## HYDRATION

enough fresh water is pivotal for peak health. Without it there is so much your body cannot do, including flushing out toxins.

- *Water rehydrates your cells and flushes out toxins*

## DEAL WITH YOUR STRESS

perceived stress really puts you on the back foot when it comes to your health, both mental and physical.

- *It's about 'how' you deal with stressors*

- *Stress support supplements like potent plants (Release & Euphoria) can give you mental & physical stress relief*

## MOVEMENT

your body stores toxins in the lymph system and this is only purged through movement.

- *Movement/exercise drains the lymphatic system*

- *Even walking and stretching is exercise and is effective to help drain the lymphatic system*



# Flu buster salad

*Primes the body for colds & flu*

## INGREDIENTS

Spinach, chopped  
Apples, diced  
Blueberries  
Tomatoes, diced  
Cucumber, sliced into ribbons with peeler  
Sunflower sprouts (add any other sprouts you may have on hand)  
Walnuts, chopped  
Pumpkin and/or sunflower seeds  
Orange wedges, chopped into chunks  
Avo  
Add any of your favourite fresh ingredients!

## DRESSING INGREDIENTS

1/2 C olive oil  
Juice of 1 lemon  
3 T honey  
3 T apple cider vinegar  
1 Garlic clove  
Fresh ginger chunk  
Himalayan rock salt  
1 T tamari sauce (optional)  
2 Tbsp Baobab powder (optional)

## METHOD

Chop and slice salad ingredients. Blend dressing ingredients. Toss in a bowl and serve fresh!



# Cleansing Camu Elixir

*A nourishing, hydrating and cleansing elixir*

## INGREDIENTS

1 C guava juice  
½ C water  
2 T camu camu powder  
1 T honey  
A handful of fresh mint or a chunk of fresh  
ginger (optional)

## SERVES

1-2 people

## METHOD

Blend all the ingredients together.



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*Soaring Free Superfoods (PTY) LTD is not a qualified healthcare practitioner.  
Please consult your qualified healthcare practitioner before making any dietary changes.*