

Immune nutrition

Let your body take care



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Strength and value

Vitamins B	● ● ● ● ●
Animal protein	● ● ● ● ●
Garlic and saffron	● ● ● ●
Herbs and spices	● ● ● ●
Inhalation	● ● ●

We should give immunity some room at the table, armchair, and couch too, at least once a week.

All products should have certifications affirming they are good to be used, also herbs and spices.

It may be a good idea to stay away from alcohol for the time.

Vaccines cannot do all the job

News around the world report on virus evolution and vaccinated people falling ill. Natural immunity deserves a better approach.

In your kitchen already

- Fresh garlic has methyl compounds the body can use to build immunity. Salted and imbued in virgin olive oil for 30 minutes, garlic will keep its methyl and pinch only a little.
- Animal protein
Smoked or raw and spiced, meats as pork or mutton can provide your body with protein particles that help build human immunity. Cooking would result in protein denaturation.

Vitamins B

- The best immunity comes from the gut, and vitamins B work with enzymes and DNA immunity methylation. Compositum or Complex, slow release, 50 mg already can make a big difference for the better.

Saffron

- Known in ages as a remedy against pulmonaries, salty, saffron smells and tastes medicinal.

Nigella sativa and cloves

Exquisite in tea, Nigella agrees with mint and chamomile. Ground cloves likewise, you only need to add the sweet.