

Herbal Supplements to Boost Immunity and Health

Specific Vitamins, Minerals, and Herbal supplements work as antioxidants that boost Immunity. The body is unable to produce its antioxidants. These are present only in the natural plant-based food that grows under the bioenergy of the Sun. Some herbal supplements are rich sources of antioxidants. The animal foods-- meat and dairy, factory-made foods, and fast foods do not carry antioxidants. Lack of antioxidants in the body causes oxidative stress that leads to chronic diseases such as:

- ***Food and Lifestyle diseases***—Obesity, Type2 Diabetes, Heart Disease and cancer
- ***Diseases of weak Immune system*** —Frequent colds, Flu, upper respiratory illness, allergic rhinitis, asthma, and serious virus illnesses like COVID-19
- ***Autoimmune diseases*** - These are the diseases where the body's immune system malfunctions and destroys its natural cells. The disorders in this category are Rheumatoid arthritis, Type1 diabetes of young age, Hashimoto's thyroiditis with reduced thyroid function, and skin conditions like Psoriasis and eczema.
- ***Neurodegenerative disorders***- Parkinsonism and Dementia (loss of memory) because of premature destruction of nerve cells.

Specific Vitamins, Herbs, Minerals, and Melatonin hormone are antioxidants

Commercially sold supplements of Vitamins, Herbs, and minerals do not fix the antioxidant deficiency as effectively as natural food sources. Naturally grown whole fruits, vegetables, whole grains, seeds, nuts, herbs, and spices sustain health and strengthen Immunity.

1. *Vitamins* — Antioxidants vitamins and their natural sources are:

Beta carotene - called provitamin A, present in yellow-colored fruits, and vegetables

Vitamin C - present in citrus fruits such as Amla, Lemon, and Oranges

Vitamin E - present in green vegetables, Whole grains, Legumes seeds, and Nuts

Amongst all the beans, Rajma beans are the most abundant source of antioxidants.

2. *Minerals* - Zinc, Copper, and Selenium are essential minerals of which zinc is considered a super mineral. Good sources of these minerals are whole grains with germ and husk intact, nuts, and seeds. Stoneground grain flours are superior to milled flours. The high heat of the milling process destroys the seed germ and its husk, which carry vitamin B, healthy oils, and minerals.

3. *Herbs and Spices*-Indian herbs that are known to have a high antioxidant activity include:

- Cloves and Cinnamon
- Amla (high in vitamin C)
- Ginger and Turmeric -Active ingredient in turmeric is curcumin. Both turmeric and ginger have an established reputation for their anti-inflammatory properties
- Walnuts and Almond

- Saffron
- Triphala
- Arjun Ki Chaal (Used as an ayurvedic remedy for cardiac diseases)

It can get cumbersome to consume various herbal supplements separately. The right way is to prepare a grounded mixture of several supplements and store the mixture in a glass jar. Use this super herbal powder mix in hot water as a herbal tea, sprinkle it over salads, soups, and vegetables. Keep in mind that excessive heat destroys the nutritional benefit of the herbs.

Herb- Spice Mix For Immunity & Health

The Herbs and spices that have potent antioxidant properties Include:

- Cinnamon(दाल-चीनी)
- Turmeric (हल्दी)
- Ginger (अदरक)
- Black Pepper (काली मिर्च)
- Fenugreek seeds (मैथी दाना)
- Cloves (लौंग) - use it in winter, it is a powerful antioxidant
- Flaxseeds (अल्सी)

Preparation of Herb- spice Mix

INGREDIENTS	AMOUNT
Cinnamon	100 gm
Fenugreek seeds	100 gm
Turmeric	100 gm
Dry Ginger	100 gm
Flaxseeds	100 gm
Black Pepper	50gm
Flaxseeds	50gm
Cloves (use in winter)	10-15 pieces

(Grind all of the above ingredients and strain through a fine sieve)

Sleep Hormone Melatonin – Recent medical research supports that sleep hormone Melatonin, secreted in the brain in response to morning sunlight or bright light, is a powerful antioxidant. People who do shift work and get deprived of sunlight have a higher risk of developing Type 2 diabetes, Heart disease, and cancer. Melatonin is considered a full-service anticancer agent that inhibits the initiation, growth, and spread of cancer.

---XX---XX---XX---