

# *Immune Boosting Food Plan*

**OR...HOW TO BE HEALTHY WHEN EVERYONE  
ELSE IS SICK...**





# LET'S STOCK YOUR KITCHEN:

*Some of these may be unfamiliar -- I will teach you!*

Garlic (Da Suan)

Turmeric (Jiang Huang)

Ginger (Sheng Jiang)

Scallions (Cong Bai)

Mint (Bo He)

Chrysanthemum Flower (Ju Hua)

Onions

Hemp Seeds

Coconut

Basil

Camu Camu

Oregano

Pineapple

Raw Apple Cider Vinegar

Dill

Lemon Peel

Mushrooms (shiitake, chaga)

Hot Peppers (capsicum)

Cinnamon (Gui Zhi)

Cilantro

Baobab





IF YOU ARE HEALTHY, AND WANT  
TO STAY HEALTHY...

## IMMUNE BOOSTING TEA

You may use any combination of these ingredients:

Fresh ginger (6 1/4-in. slices -- no need to peel)

Fresh Turmeric (2 1/4- in. slices And Black Pepper corns ( 4 or 5) (the 2 work together)

Lemon peels (the peel of one lemon)

Orange peels (the peel of one tangerine, clementine, or orange, dried overnight)

Mint (Chinese dried mint is called Bo He -- use a palmful), or fresh mint (5 leaves)

Chrysanthemum flower (Chinese dried chrysanthemum is called Ju Hua -- use 4 flowers)

Place 3 cups water on stove. Add ginger and/or turmeric. Simmer 20 mins. Add any other ingredients to cup and pour the water over. Sweeten with raw honey if desired.



## GARLIC/ONION

**Garlic** is amazing in its antiviral and antibacterial capabilities. Garlic is actually a Chinese herb (Da Suan). It's used to kill toxins and parasites and also to reduce swelling in the body. Onions are great for your immune system; they are a natural antihistamine.

During cold and flu season, I recommend onions to everyone, and in lots of ways and forms; they actually can rid the body of bacteria.



## TURMERIC

**Turmeric** is actually a Chinese herb (Jiang Huang). It is great for reducing inflammation throughout the body and for boosting your immune system. If you are pregnant, ask your doctor before you eat turmeric.







## *Basil*

Basil has anti-viral and anti-bacterial capabilities. It also is good for settling your stomach, and it's good at lessening the symptoms of the common cold and its accompanying cough. Basil is a spiritual herb — the scent actually calms you; you can boil some in a pot and let the aroma fill the air, you can just leave some around the house, you can toss a bunch in your bath water (I love to do this), or you can use an essential oil with basil to get some great calming effects.





## HOT CHOCOLATE SMOOTHIE BOWL

Get all your immune  
boosting ingredients in one  
bowl!

---

Have this delicious bowl  
once or twice a week... the  
results are amazing!

---

**GET THIS RECIPE  
NOW:**

[https://www.kitchenofyouth.com/  
hot- chocolate-  
smoothie-bowl/](https://www.kitchenofyouth.com/hot-chocolate-smoothie-bowl/)





## HEALTH BENEFITS OF CINNAMON

In Chinese medicine, cinnamon is an important herb (gui zhi/rou gui). It is used to combat the common cold -- especially the kind of cold that is accompanied by muscle aches. This common herb is perfect to add to your diet during the cold winter months. Cinnamon can be added to smoothies, teas, and can be used when cooking your favorite recipes -- I like to add it to savory recipes (it's a secret ingredient in some of my chili recipes!





## OREGANO AS A HEALING HERB

Oregano is one of the most potent medicinal kitchen herbs. Its powers are really amazing. I keep a bottle of pure oregano essential oil in my kitchen at all times (be careful when using it -- it can actually burn you if not used correctly). Put ONE drop into your orange juice and you have a germ-busting, cold-battling powerhouse of a morning drink. It tastes very oregano-y, but it's worth it! (I like to put mine in a blender with some ginger and a pinch of cayenne too...)



# SCALLIONS

You will ALWAYS find scallions in my refrigerator... and I hope to convince you to always have them in yours.

The root of the scallion is a powerful Chinese herb (Cong Bai).

If you feel like you are about to get sick (you know, that scratchy throat thing or the slight head congestion... ) you must put 2 cups of water on the stove with 2 scallions (cut into thirds -- include the roots), and 6 slices of unpeeled ginger root. Boil for 20 minutes. Put a hoodie and some socks on, drink this while it's hot, and go to bed. You will sweat out the cold overnight. Shower off the toxins in the morning, and you will be amazed!

This method is to be used at the very beginnings of a common cold.







## *Cilantro*

Cilantro is also known as Chinese Parsley. It is good for the common cold, indigestion, and energy flow in the body. An old Chinese remedy for the common cold and even for measles was to drink cilantro and mint tea. Cilantro is one of those herbs you either love or hate; I'm a lover...

The next time you make a salad (like this raw vegetable salad), add lots of cilantro -- it will taste amazing and you will reap the health benefits!





# MUSHROOMS ARE MEDICINE!

In Chinese medicine, mushrooms ARE medicine. They are herbs. They are one of the most healing foods around. In China, mushrooms have been used for many years as part of a natural cancer treatment. They are one of the best immune-boosting foods around. There are more varieties of mushrooms than you regularly find at the market. And each one is for a different condition. I want you to be able to use all of them: from shiitake and button, to reishi, cordyceps and chaga ... I use them in recipes, teas, smoothies... Some of these shrooms also promote healing and have even been found to fight tumors.





*Uh oh... you're sick...*

#### COMMON COLD:

In a blender, blend 1 whole head peeled garlic, 1 peeled lime, 1 Tbs raw honey, 1/4 cup hot water. Take a big gulp every 1/2 hour.

#### COUGH:

Drink some fresh pineapple juice or take 1 Tbs. raw apple cider vinegar!

I HAVE SO MUCH MORE  
TO TEACH YOU!!!!





## **THERE'S ONLY ONE YOU...**

We are all amazingly  
different. We shouldn't all  
eat the same...

---

## **THERE'S ONLY ONE KITCHEN OF YOUTH...**

Walk through my door into  
the light that is the rest of  
your life... it will change you  
forever...

---

## **IT'S TIME WE MET... IT'S YOUR TIME!**

Use this packet to boost  
your immune system. And  
if you want more individual  
help, visit  
[kitchenofyouth.com](http://kitchenofyouth.com)