Supporting Immunity & Strong Brains in 2021 & beyond

Hosted by: Laurie Delk of Laurie Delk Nutrition
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I cannot provide specific recommendations in this webinar.
Who am I?

- functional/integrative/holistic nutritionist
- Masters of Science in Clinical Nutrition & Integrative Health
- Certified Nutrition Specialist (CNS) by the American Nutrition Association & Board for Certified Nutrition Specialists
- Licensed in NC
- Located in Cary, NC
- All sessions are virtual

https://www.lauriedelknutrition.com/
I look at the whole body & personal environment for health for the root cause of illness & disease

It’s not just the food that goes in your mouth

Stress, sleep, lifestyle, spiritual practice, and activity/exercise

Medications & supplements

All of these things affect your health status
Are visits covered by insurance?

- By some plans, yes. Covered 100% for unlimited visits in the State Health Plan or BCBS PPO plans.
- For retirees, Humana follows Medicare guidelines.
- Which means, nutrition visits are covered if you have diabetes or kidney disease. There is a bill in Congress for Medicare expansion to cover many more conditions.
- If you have other additional insurance, there may be coverage.
How is your immune system functioning? Are you experiencing any of these symptoms?

- fatigue, sluggishness
- frequent illness
- high stress level
- slow healing wounds
- frequent infections (ear, sinus)
- Gastrointestinal distress
- weight/gain loss
- brain fog &/or headaches
- skin problems
- achy joints and/or muscles
- new food intolerances
What Can I do?

- Eat a Rainbow of Foods
- Every color provides its own unique set of nutrients for the body
- Crowd out the not-so-great foods with fantastic Food (with a capital F)
- Eat organic when possible
- Be physically active
- Drink lots of water
- Have at least 1-3 bowel movements every single day
Quick rule of thumb:
1 cup raw
1/2 cup cooked or canned

The goal is to eat 5-7 servings of veggies & fruits per day

Start with aiming for 4 servings then work up
Vitamins & Minerals to support immune function

- Vitamin A
- Vitamin B6
- Vitamin C
- Vitamin D
- Zinc
- Iron
- Vitamin E
Which foods support immunity?

- Vitamin A: Beta carotene fights free radicals & supports production of immune cells, healthy mucous membranes & skin

- Foods: carrots, sweet potato, mango, broccoli, spinach, tomatoes
Vitamin C: powerful antioxidant & supports immune cells like neutrophils at infection sites

Foods: citrus, bell peppers, broccoli, berries, melons, tomatoes
Vitamin D: anti-inflammatory, shown to support healthy immune function

Foods & how to get it:

- Fatty fish, oysters, low fat dairy, egg yolk, liver, fortified milks, yogurts, & juices, some mushrooms

“The sunshine vitamin”
Zinc: critical for wound healing & fighting infections, may reduce cold duration & reduce respiratory infections in kids

Seafood, beef, nuts, tofu, beans, brown rice, whole grains
Power Foods for Immune Function

- Berries: antioxidants, prevent free radical formation, oxidative stress, reduce cell damage
- Green leafy & cruciferous veggies: Vitamins A, C, K, folate, calcium, iron, potassium, magnesium
- Citrus fruits: Vitamin C, B vitamins, magnesium, potassium
- Apples: contain quercetin, regulate immune system
- Bell peppers: Vitamin C, Vitamin A
- Nuts & seeds: Vitamin E, antioxidants, protein, healthy fats (omega 3s), fiber, minerals
- Avocado: Vitamin E, healthy fats
- Probiotic foods: healthy gut=healthy immune system & brain. Try yogurt, kefir, miso, tempeh, sauerkraut, kimchi, fermented pickles
- Turmeric: with curcumin, antioxidant, antimicrobial, anti-inflammatory
- Beans & legumes: contain protein, fiber, and folate to support immune cell production
- Garlic: decreases inflammation, antibacterial, anti-fungal, boosts T-cells, may reduce severity of colds & flus, helps body absorb zinc!
- Ginger: antibacterial, antiviral, antioxidant-rich, enhance immune response, can alleviate pain & nausea
Omega 3 fatty acids: About 60% of your brain is made of fat, and half of that fat is comprised of omega-3 fatty acids.

- seafood
- chia seeds
- ground flax seeds
- walnuts
- eggs
- grass-fed beef
• Green tea: l-theanine & GABA, focus, reduce anxiety, alertness, antioxidant, metabolism

• Apples: may help preserve acetylcholine, reduce inflammation

• Nuts, especially walnuts: vitamin E, omega 3, antioxidant

• Eggs: Vitamin B6, choline, A, B12: mood, memory, lower homocysteine, regulate brain chemicals

• Dark chocolate: boost mood & memory

• Pumpkin seeds: zinc, magnesium, copper, iron (low levels of these are linked with neurological conditions)

• Turmeric: anti-inflammatory, support brain cell growth, may clear amyloid plaque, may help ease depression
A happy gut = a happy brain

- Avoid refined carbs
- Reduce sugar
- Eat a rainbow variety of fruits & veggies
- Prebiotic & probiotic foods
- Talk to a nutritionist about stomach acid, microbiome health, leaky gut symptoms, bowel function, & GI health
How much water do I need?

- Water is crucial to flush the body of toxins & keep cells hydrated.
- A quick rule of thumb is 1/2 your body weight in oz of water up to 100 oz max.
- For instance if you weigh 150 lbs., your daily intake of water should be around 75 oz.
- Herbal teas & sparkling waters count!
- We generally don’t count coffee & caffeinated teas because they are diuretics.
How much sleep do I need?

- Sleep is critical for immunity & brain health
- Everyone is different, but for most people, 7-8 hours per night is warranted.
- Consequences of not getting enough sleep:
  - reduced immunity=illness
  - buildup of “junk” in the brain-can lead to dementia
  - weight gain
  - blood sugar dysregulation
  - fatigue
  - brain fog
  - irritability & temper
  - accidents
AFTER A WHILE YOUR...

- Obesity risk jumps
- Stroke risk quadruples
- More likely to have an accident
- Diabetes risk goes up
- Heart disease risk increases
- Losing brain tissue
- Sperm count decreases
- Risk of death goes up
- Not looking your best – or your most approachable
- More likely to catch a cold
- Hungrier and apt to eat more
- More likely to get emotional

AFTER ONE NIGHT YOU’RE...

- Less focused and having memory problems
Stress Reduction

Stress plays an unfortunate key role in both reducing immunity & causing negative effects to brain function.

Stress reducing strategies:
- prayer/meditation
- nature is healing! “Forest bathing”
- yoga & stretching
- warm baths
- music
- dancing
- socializing with family & friends
- walking & movement
- pet time
Need an upgrade?
I am here to help.

- I work with a wide variety of conditions.
- We can take it slow & clean up the diet.
- Welcome to a guilt-free zone! You are in control, I am your co-pilot guiding you, providing you with nutritious & health-affirming recommendations & medical nutrition therapy (as needed) & cheering you on.
- I provide a safe & supportive space. All sessions are confidential & HIPAA compliant. You and your information are protected.

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