

Holistic Tips

To Keep Your Family Healthy

Emily Sunwell-Vidaurri ~ Recipes to Nourish



Recipes to Nourish

Holistic Tips *To Keep Your Family Healthy*

free eBook for Recipes to Nourish's newsletter subscribers

Please note that all images, photos, content, recipes, text and design are protected under the Federal Copyright Law and are the sole property of Recipes to Nourish {Emily Sunwell-Vidaurri}. **No form of reproduction of these recipes or images and photographs, including downloading, copying or saving a digital file is authorized** without consent of Recipes to Nourish {Emily Sunwell-Vidaurri}. To request permission to use content from this eBook, please email:

emily@recipestonourish.com

I am not a health care practitioner. ALL information you read in this eBook is purely for informational and educational purposes. Information is not intended to treat, cure or prevent any disease. Statements within this site have not been approved by the FDA, meaning information and statements regarding health claims on this blog have not been evaluated by the Food and Drug Administration. All information is solely my personal experiences and opinions and should not be interpreted as an attempt to offer a medical opinion. Recipes to Nourish {Emily Sunwell-Vidaurri} is not responsible for any adverse reactions, effects, or consequences resulting from the use of any recipes or suggestions herein or procedures undertaken hereafter. If you have questions about food, diet, nutrition, natural remedies or holistic health, please do your own research and consult with your health care practitioner. If you are pregnant, nursing, have a medical condition or are taking any medications, please consult your health care practitioner before making any changes to your diet or supplement regimen.

Holistic Tips

To Keep Your Family Healthy

We all get sick from time to time and it's not always the most pleasurable thing.

Boosting your immune system is crucial when it comes to staying healthy. A healthy immune system will lessen your chances of getting sick ... and if you happen to get sick, the duration of illness will not last as long + you will recover quicker.

Here are some of my favorite tips to stay healthy, boost the immune system + some recipes for natural remedies too.

Nourish the mind, body + soul.

Be well.

Tip 1: Brush your teeth as soon as you wake up

This might sound silly, but a long time ago someone told me that this helps keep sick “germies” at bay. Yes, I said “germies” ... also known as bacteria, viruses, mold, etc. While you sleep, everything starts to build up in your mouth - especially if your air quality/home environment isn't as great as it could be. Brushing your teeth PLUS your tongue {don't forget about your tongue, a lot of stuff that you want to get rid of likes to hang out there} helps get rid of the germs/bad bacteria that you don't want hanging around in your mouth and throat. This helps create an environment in your throat that is less hospitable to bacteria. You can follow brushing by **gargling with sea salted water** - this is optional, but it's known for helping prevent infection. Immediately follow brushing {and salt water gargling} by drinking a glass of filtered water. I like to add about 1/2 teaspoon of raw organic apple cider vinegar to my water as well.

Tip 2: Be mindful of stress

Daily Self-talk - this is so important! Flood your mind with positive thoughts and positive affirmations. Focus on things that bring you peace, calm, joy, happiness and comfort. Do your best to eliminate stressors, including negative people that suck the life out of you, drain you + bring you down. You are important. Take good care of you. End each day with positive messages to yourself. If you have children, you can do this with them at night too. One of the last things I say to my oldest daughter every night is, “You are loved, happy, healthy and whole and tomorrow is going to be a happy day.”

Tip 3: Get outside + into nature

When you can, head outdoors and get some fresh air. If the sun is shining, spend some time soaking up that vitamin D. Take off your shoes and feel the ground on your feet. It sounds crazy, but this really helps ground you - and your body will thank you.

Tip 4: Get plenty of rest + stay home if you're sick

Our bodies do a lot of work while we sleep - this is when it does much of its repair. Sleep is crucial for healing! If you do happen to get sick, make sure to honor your body and rest + sleep as much as possible.

Tip 5: Stay active + exercise

This isn't a favorite for everyone ... but it doesn't have to mean go to the gym or go run a mile. There are plenty of ways to stay active ... and sometimes that means chasing kids around all day long or wearing your baby/toddler during your daily activities. Lots of our daily activities can help us stay active. Find what works for you, whether that means walking, yoga, kettlebell workouts, swimming, dancing, hiking, etc. Staying active helps boost your immune system + it helps to decrease stress.

Tip 6: Stay hydrated

This is another critical part of keeping your body healthy. The amount of water needed is different for everyone. Not everyone needs the standard “8” glasses of water a day. Usually around 6-10 glasses is the norm ... but like I said it's different for everyone. It's important that you're flushing your body out, getting rid of toxins, however, you don't want to get rid of all the important minerals + electrolytes too. A good way to remedy this is make sure you're salting your water {with true sea salt} from time to time if you have been working out - or after a work out. This way you retain the necessary minerals and electrolytes. Another way you can make sure you're retaining those essential nutrients is with cell salts. My family takes Bioplasma by *Hylands* - which contains all 12 cell salts.

Tip 7: Wash your hands!

So many people forget to do this. It's especially important if you have children or after you've been in any public setting. Please **DO NOT WASH WITH ANTIBACTERIAL SOAP!** Most people know this by now, but just incase - it's bad stuff. I won't go into details about that here though. The key thing is washing your hands often. We have a rule in our house that we wash our hands when we get home from being out. My family uses a base of Dr. Bronner's liquid castile soap for hand washing {we use a foaming hand soap dispenser and dilute the soap with water ... I also add essential oils to mine}.

Tip 8: Probiotics

So important for gut health! A healthy gut usually means less chance of getting sick ... so taking probiotics daily is pretty important. There are lots of food based probiotics like yogurt, kefir, kombucha, water kefir, sauerkraut + more. {See the last page for where to find probiotics I recommend.}

Tip 9: Eat nourishing + nutrient-dense foods

This is where you can be mindful of what you put into your body. **THINK REAL FOOD.** Processed and packaged foods most likely are going to be full of sugar, fillers and ingredients that are not so good for your body. Make sure to limit your sugar intake too! At least be mindful

of how much sugar you are consuming. Sugar weakens the immune system + things like yeast and parasites thrive off of sugar. Nourish your body with lots of bone broth, cod liver oil {fermented is great if your body can handle it}, fresh seasonal produce, grass-fed and pastured eggs, dairy and meats + healthy nutrient-dense fats like pasture butter, ghee, coconut oil, extra virgin olive oil, etc. Whatever you do, avoid vegetable oils like canola, sunflower, safflower, etc. - they are not good for your body.

Tip 10: Essential Oils

I LOVE pure therapeutic-grade essential oils! There are so many wonderful essential oils that have a multitude of uses for the home. Some of my favorites are lavender, frankincense, melaleuca alternifolia {tea tree}, lemon, thieves and purification. The wonderful thing about essential oils is you can use them daily - for everything from cleaning to supporting the immune system to DIY natural body care to wellness. I prefer to diffuse them {which helps neutralize your indoor household air} and use them topically with a carrier oil like coconut oil, jojoba oil or extra virgin olive oil - depending on the age, and diluted based on age as well. {See the last page to learn more about essential oils + see where I buy wholesale essential oils.}

Tip 11: Stock your kitchen with these essentials

This is what I try to always have on hand - especially during the fall and winter when more people tend to get sick ... fresh lemons, fresh garlic, raw honey, coconut oil, extra virgin olive oil, ginger {I peel + store fresh ginger in the freezer}, organic shiitake mushrooms, fermented and cultured foods {if your body can tolerate them}, onions, and raw organic apple cider vinegar. All of these can be very helpful in helping boost the immune system. I also try to always have these herbs on hand: dried thyme, dried nettle, astragalus root, dried rose hips, dried elderberries, dried peppermint, chamomile, catnip, and fennel seed. Check out www.recipestonourish.com for natural remedy recipes.

Tip 12: Raw Garlic + Raw Honey

This is an amazing old school remedy! My midwives shared this one with me when I was pregnant with my first daughter and had a cold. Raw garlic and raw honey are super potent + are known for their antibacterial and antiviral properties. It's like nature's antibiotic. I was told to

use this natural remedy at the first sign of feeling “off” or after you’ve been around someone who is sick. Mince up a clove of RAW garlic and mix it with about 1-2 teaspoons of RAW honey. If you’re like me, hold your breath while you chew it up in your mouth and swallow it. You can chase it with something to drink. I usually do this a couple of times a day if I am sick. NOTE: because this is such an effective natural remedy + because it’s super strong, I personally recommend having a full stomach or at least eating it with food. Why do you ask? I have had this on an empty stomach many times and it leaves me feeling nauseated. Not a good feeling. Taking with food or after food seems to work great.

Tip 13: Apple Cider Vinegar + Raw Honey

Just like I mentioned above, raw honey is naturally antibacterial. Combined with raw organic apple cider, it makes an **excellent natural cough remedy**. I usually mix up a batch with a 1:1 ratio. Play around with the amounts that you prefer. I enjoy the flavor straight, but for my little ones, I mix it into their drink. My youngest actually loves the taste and will take it off the spoon or in some kombucha.



Tip 14: Detox baths

Detox baths are a wonderful way to help soothe your body + remove toxins from the body. They are mineral-rich, healing + relaxing. Click here for my favorite DIY detox bath recipe: <http://www.recipestonourish.com/2014/11/diy-calming-detoxing-bath-salts.html>

Tip 15: Elderberry & Rose Hip Syrup + recipe

Elderberry Syrup is known for boosting the immune system + decreasing the length and severity of cold and flu symptoms. My version adds rose hips for extra vitamin C - which is a very important vitamin, especially during times of illness. I make this year-round and my family takes it daily.

Equipment: Medium-Size Saucepan with Lid, Fine Mesh Strainer, Medium-Size Bowl, 1 Quart Measuring Cup, Quart-Size Mason Jar

- ½ cup dried elderberries
 - ½ cup dried rose hips
 - 2 tablespoons cinnamon chips/pieces {or 1 cinnamon stick}
 - 6 dried whole cloves
 - 1 inch chunk fresh ginger, peeled, grated/minced
 - 2 ½ cups filtered water
 - ½-1 cup raw honey, preferably local {I use local raw creamed clover honey}
 - Water – cold tap water is fine here, it is not used in the syrup
 - Handful of ice
1. In a medium-size saucepan, add elderberries, rose hips, cinnamon chips, cloves, ginger and water. Cover with lid, bring to a boil and reduce heat to simmer for 45 minutes.
 2. Remove pan from stove, strain and mash through fine mesh strainer into a glass 1 quart measuring cup, small bowl or mason jar.
 3. Fill medium bowl with a handful of ice and cold tap water {fill only halfway}. Place measuring cup into ice bath. Let syrup cool in the ice bath about 15 minutes or until cooled.
 4. Remove cooled syrup from ice bath.
 5. Add raw honey to a quart-size mason jar. Pour syrup into mason jar.
 6. Stir honey and syrup together until they combine. If the honey does not dissolve right away, let it sit at room temperature for a bit, then stir again.
 7. Place lid on jar and store in the refrigerator.

Yield: Makes about 2 cups syrup.

Dosage: 1-3 tablespoons daily as a preventative. Consume more with illness.

Storage: 2 months in the refrigerator, but if you're taking it as a preventative daily, it will not last that long.

Notes: This recipe can be divided in half to make a smaller batch. If you prefer a thicker, sweeter consistency, use 1 cup of raw honey.

Tip 16: Hot Garlic-Ginger Lemonade + recipe

This is one of my go-to natural remedies anytime I start to feel a little run down or like I am getting sick. It's a wonderful immune boosting drink. Don't let the garlic throw you off; this drink is really delicious and soothing. Great for colds, flu, coughs, sore throat, respiratory infections, etc.

Equipment: Medium-Size Saucepan w/ Lid or Tea Kettle, Quart-Size Mason Jar with Lid or Quart-Size Glass Container/Measuring Cup x 2, Fine Mesh Strainer

- 3-4 fresh garlic cloves, chopped, grated or minced
 - 1 teaspoon grated ginger, peel, then grate or mince
 - 3 pieces astragalus root
 - 2 teaspoons cinnamon chips {pieces} or 1 small cinnamon stick, optional
 - 4 cups boiling filtered water
 - 1 organic lemon, juiced
 - 2 tablespoons honey or organic maple syrup grade B
1. Prep garlic and ginger – peel, chop/grate.
 2. Boil water in sauce pan or tea kettle.
 3. In a quart-size mason jar or heat-proof glass container, add chopped garlic, grated ginger, astragalus root and optional cinnamon chips. **CAREFULLY** pour boiling water into the mason jar. **COVER** with lid and steep for 30 minutes.
 4. Strain with fine mesh strainer into another mason jar or glass container.
 5. Add the juice of 1 lemon and sweetener of choice to the garlic-ginger mixture.
 6. Serve immediately or store in the refrigerator for later. Serve hot.

Yield: 4 cups

Dosage: Drink 1-4 cups daily during illness



For more information on Real Food + Holistic Health, recipes, natural living tips + more, visit www.recipestonourish.com

Want to learn more about **Essential Oils** + find out where I buy them at wholesale prices {24% off}? Click here: <http://www.recipestonourish.com/essential-oils>

You can also **join my** [Recipes to Nourish Essential Oils Facebook Group](#) – a learning community where we learn how to use essential oils properly + effectively, get DIY cleaning and natural body care recipes with essential oils + much more.

Want to know where I purchase the ingredients I use in my recipes? Click here: <http://www.recipestonourish.com/shop>

