

## The Immunity and Lifestyle Handbook

Thank you for registering for the Immunity and Lifestyle discussion! This handbook is intended to enhance your knowledge on how to build your immunity through regular activity, balanced meals, emotional wellbeing and quality sleep.

In this handbook, you will find activities and yoga asanas that you can practice at home as well as try out some healthy recipes for you and your families.

This handbook is organized into three sections:

- Section 1: Grocery list
- Section 2: Recommended recipes and yoga asanas
- Section 3: Supplemental reading, references and links to resources

## Immunity Boosting Grocery List

Here is a basic Immunity boosting grocery list.

The perquisite is to choose local, seasonal, fresh and organic food. However, if all the items mentioned in the list are not available, that is absolutely okay. This is a general list, covering all immunity boosting foods from every category.

<b>Spices:</b> Turmeric Pepper(black/white) Star Anise Cumin Ginger Garlic Onion or Spring onion Cayenne pepper Cinnamon Cardamom Clove Fennel seeds Ajwain/Bishops weed Mustard Nutmeg Black cardamom	<b>Herbs:</b> Oregano Thyme Rosemary Peppermint Basil / Holy Basil Thyme Sage Cilantro Parsley Shatavari Liquorice/Mulethi Milk Thistle  <b>Adaptogens:</b> Ashwagandha Astragalus Brahmi	<b>Probiotics and Prebiotics:</b> Organic yogurt Kefir Sauerkraut Kombucha Kimchi Pickles Fermented vegetables Apple Cider vinegar Rice Kanji (overnight soaked fermented rice)	<b>Seeds:</b> Pumpkin Sunflower Watermelon Sesame (black/white) Sabja Chia (black/white) Kaloni/Nigella Flaxseed  <b>Nuts:</b> Walnuts Almonds Cashews Brazil nuts Pecans Bitter apricot Coconut Pistachios	<b>Teas:</b> Black White Green Oolong Matcha Chamomile Lemongrass Lavender  <b>Oils:</b> Ghee Coconut Olive Sesame Avocado Castor Flaxseed
<b>Cereal:</b> Handpounded rice Brown rice Black rice Red rice Millets (all types) Jowar Bajra Amaranth Ragi	<b>Superfoods:</b> Wheatgrass Moringa Soursop Papaya leaves Cacao Kulekhara leaves Giloy Spirulina/Chlorella Amla	<b>Fruits:</b> Pomegranate Berries(all types) Papaya Pineapple Orange Sweet lime Limes Lemons Apples Avocado Grapes	<b>Vegetables:</b> Tomato Pumpkin Broccoli Cauliflower Cabbage Spinach Fenugreek Beetroot Carrot Cucumber Zucchini	<b>Honey:</b> Raw Floral raw Manuka Bell pollen Bee propolis  <b>Formulations (sugar free):</b> Chyavanprash Musli pak
<b>Pulses/Legumes:</b> Moong Masoor Chana Peas Horse gram Kidney beans Chickpeas Black-eyed peas	<b>Meat/Poultry (organic, hormone free):</b> Eggs Chicken	<b>Salt:</b> Pink salt Black salt Sea salt	<b>Seafood (mercury free):</b> Salmon Oysters Tuna Mackerel	<b>Others:</b> Mushroom Sweet potato

## Spice teas, concoctions and powders that can boost your immunity:

### Immunity boosting powder

This powder combines the power of healing spices to boost your immunity, reduce inflammation, manage diabetes, cardiovascular issues, joint pains and improve skin and hair health. All you need is half a teaspoon a day!

#### Ingredients:

- 7 tbsp - Organic turmeric powder (Haldi)
- 4 tbsp - Cumin seeds (Jeera)
- 4 tbsp - Coriander seeds (Dhaniya)
- 7tbsp - Fennel seeds (Saunf / Variyali)
- 2 tbsp - Dry ginger powder (Saunth)
- 2tbsp - Whole black pepper (Kali Mirch)
- ½ tbsp – Sri Lankan rolled cinnamon powder (Dalchini)
- 3 tbsp - Cardamom (Green Elaichi)



#### Procedure:

1. Keep turmeric powder and dry ginger powder in a separate bowl (do not roast)
2. Lightly roast all the remaining ingredients on a slow flame till you get a nice aroma.
3. Once cooled, transfer them to a grinder and grind the mixture till you get a fine powder.
4. Add turmeric and dry ginger powder to it and mix with a dry spoon.
5. Store in a clean, air-tight glass or steel jar.

#### Dosage:

- 1/2 tsp every day either with water or as a seasoning in food (as an alternative to garam masala)
- Heat 1 tbsp pure ghee on a slow flame and add ½ tsp powder to the ghee. Make a paste. Turn off the gas. Consume this every day in the morning.

#### Note:

1. It is suitable for adults and children.
2. If you are on a medication, please check with your doctor before taking this powder.
3. Adjust the dosage accordingly if you have a heaty body. (pitta type)
4. Sipping on warm water and steam inhalation can help loosen the mucous membranes and provide relief to people suffering from upper respiratory tract infections.

Watch this [video](#) for more!

If you cannot make the mix at home, then you can always get your hands on the readymade Immunity Boosting Powder from Two Brothers Organic Farms, for your convenience.

Click the link below to add this to your kitchen:

[AMOREARTH Immunity Boosting Powder – LUKE COUTINHO Prime Recommendation](#)

### Immunity and wellness chai:

#### Ingredients:

- 1 cup fresh coconut or almond milk (homemade)
- 1 tsp freshly ground or organic turmeric
- ¼ tsp Sri Lankan rolled cinnamon
- ¼ tsp ginger powder or 1 inch piece mashed ginger
- 1 star anise (chakra phool)
- 1 tsp raw cold pressed virgin coconut oil
- ¼ tsp of crushed black pepper

#### To sweeten:

- Add raw, unheated, unpasteurized honey or organic jaggery powder

#### How to make:

- Warm the coconut or almond milk with all the ingredients except the oil and honey.
- Strain and add coconut oil and honey (optional, may also use organic jaggery).
- Sip warm. This tea is for everyone (adults and kids).

Watch this [video](#) for more!

(It is not mentioned in the video but you must also add ¼ tsp of crushed black pepper in it.)

### Seven spice tea

#### Ingredients:

- 1 tsp turmeric
- 1 tsp cayenne
- 1 tsp freshly black pepper
- 1 tsp Sri Lankan rolled cinnamon
- 2-3 cardamom pods
- ½ inch ginger
- 1 tsp cumin



Add it to 4 cups of water, boil it until it reduces to 2 cups. Strain. Add raw honey when it cools.

Watch this [video](#) for more!

### Luke's magic potion:

#### Ingredients:

- 1 inch piece ginger mashed
- 1 clove garlic
- 3 peppercorns
- 2 cloves
- 2 cardamoms
- 1 Ceylon cinnamon stick / ¼ cinnamon powder

Take 4 cups of water and add these ingredients to it. Allow it to boil, till it reduces to half. Strain and allow it to cool. Add raw organic honey (1 tbsp) and sip hot.

### Pumpkin soup

Ingredients:

- 100 gm diced and steamed pumpkin
- 1 medium chopped onion
- 3 minced garlic cloves
- 1 medium chopped tomato



Take 1 tbsp olive oil in a skillet. Add all the ingredients and lightly sauté. Once cooked, blend in a mixer. Transfer the purée to a pan, add black pepper and pink salt to taste. Add water for soupy consistency. Allow it to boil. Add a tsp of coconut oil or ghee for taste. You could add moringa to boost its nutritional powers.

### Star anise tea

Take 4 cups of water and drop 1 star anise into it. Allow it to boil till it reduces to half. Once cooled, add a tsp of raw honey and sip.

Benefit: Star anise tea works beautifully in case of viral fever. Its active ingredient called shikimic acid works just like any antiviral drug.

### Garlic infused honey

Take a jar filled with raw honey. Crush or mince about 10 to 12 garlic cloves and add it to the jar. Allow the jar to sit on a window sill for 3 days. After 3 days, it is ready to consume. You can have 1 to 2 tsp of this each day.



Benefits: Liver cleanse, fights allergies, boosts immunity, rich in antioxidants, antimicrobial, antifungal and antiviral.

### Chopped onions or onion syrup:

Onions are part of the Allium plant family, which is traditionally known for their immune-boosting properties, including being natural antivirals, antibiotic, anti-inflammatory and expectorants. Cut some onions, soak it in drinking water for 6 to 8 hours. Consume 3 to 4 tbsp of the water with the onions thrice a day. This is safe for kids as well. They can have 3 to 4 tsp thrice a day.

### Onion syrup:

This syrup is a remedy for children, because it is gentle and sweet. It can also be used by adults.

1. Peel the onion. Slice it into rings (which can fit into a jar).
2. Layer slices of onion and raw honey in the jar.
3. When the jar is full, cover it and set it at room temperature for 6 to 8 hours until a syrup forms.
4. You'll see a syrup start to form within an hour or two. Leave it until it's fully liquid (approximately 6 to 8 hours).
5. Simply have a spoonful of this syrup as needed to soothe your cough. Store in the refrigerator. Discard after 48 hours.



Dosage: Whenever you feel a cold coming on:

- 1 tsp for children over 1 year old
- 1 tbsp for adults every (1 to 2 hours until symptoms disappear)

### **Immunity boosting teas**

#### **Immunity Elixir – Green Tea (DAY BLEND)**

- 1 tbsp green tea
- ¼ tsp oregano
- 1 tsp fennel
- ½ tsp carom
- A pinch pepper
- 1/2 tsp turmeric
- 2 - 3 sprigs thyme
- 1 - 2 sprigs rosemary
- 2 - 3 sprigs peppermint
- 2-3 stalks lemongrass (fresh or dried)

Method:

1. Take 2 cups of water in a vessel.
2. Add all ingredients except green tea in it and allow it to boil.
3. Once it starts boiling, add green tea, turn off the flame, cover the vessel with a lid and let it steep for about 2-3 minutes.
4. Remove the lid, strain into a cup and sip warm.

#### **Immunity Elixir - Herbal Blend (EVENING BLEND)**

- 1 tbsp chamomile buds
- ¼ tsp oregano
- 1 tsp fennel
- ½ tsp carom
- A pinch pepper
- 1/2 tsp turmeric
- 2 - 3 sprigs thyme
- 1 - 2 sprigs rosemary
- 2 - 3 sprigs peppermint
- 2 - 3 stalks lemongrass (fresh or dried)

Method:

1. Take 2 cups of water in a vessel.
2. Add all ingredients except chamomile in it and allow it to boil.
3. Once it starts boiling, add chamomile, turn off the flame, cover the vessel with a lid and let it steep for about 2-3 minutes.
4. Remove the lid, strain into a cup and sip warm.

\*One can add raw honey/jaggery to sweeten the beverage.

\*The longer you steep the tea, the more flavonoids you'll get in your brew.

\*Sipping on warm water and steam inhalation can help loosen the mucous membranes and provide relief to people suffering from upper respiratory tract infections.

Please note: Due to the presence of caffeine in Green Tea it is advisable to consume it during the day or early evening and its ideal to consume a chamomile based tea before bedtime as its regarded as a mild sedative to calm nerves, reduce anxiety, insomnia and other sleep issues.

The brand “Dancing Leaf Tea” has pre-mixes of these two magical blends too, if you cannot brew it fresh at home. Hope that it makes things easier for most of you as they can take care of so many aspects of your health.

Click the links below to get your own blend:

- [DAY BLEND \(green tea base\)](#)
- [EVENING BLEND \(chamomile base\)](#)

**DISCLAIMER:** None of these ingredients or the blend as a whole is a replacement for any medication or medical treatment. Please make an informed decision and keep your health profession in loop before consuming the tea especially if you have medical conditions.

## Immunity-boosting Nutrients

### Zinc

Food Source	Quantity	% of daily Value
Dark Chocolate (70% above)	100 gm	30
Moringa	100 grams	27
Watermelon seeds	1 ounce	26
Pumpkin seeds	1 ounce	20
Pine nuts	1 ounce	17
Cashew nuts	1 ounce	15
Yogurt	8 ounces	15
Sunflower seeds	1 ounce	14
Chickpeas cooked	½ cup	12

**1 ounce = 28 grams**

### Iron

Food Source	Quantity	% of daily Value
Moringa	100 grams	133
Jaggery	100 grams	61
Lemon grass	100 grams	45
Lentils	1 cup	37
Chickpeas	1 cup	26
Spinach	3.5 ounces (100 grams)	20
Dark Chocolate (70% above)	1 ounce	19
Hummus	½ cup	17

**Moringa powder can be used as a substitute for iron tablets, hence as a treatment for anaemia. Moringa leaf powder has 28 mg of iron.**

### Amino Acids

- Khichadi
- Eggs
- Sprouts
- Chia seeds
- Beans with rice
- Buckwheat
- Hummus and whole wheat pita

### Vitamin C

Food Source	Amount (mg / 100g)
Indian gooseberry (Amla)	445
Yellow pepper	183
Guava	126
Kiwifruit	93
Broccoli	90
Lemon	77
Papaya	62
Strawberry	59
Orange	53

**The current daily value (DV) for vitamin C is 90 mg**

### Vitamin E

Food Source	Quantity	% of daily Value
Sunflower seeds	1 ounce	66
Almonds	1 ounce	48
Hazelnuts	3 ounces	28
Peanut butter	2 tablespoons	19
Pine nuts	1 ounce	18
Peanuts	1 ounce	16

### Selenium

Food Source	Quantity	Amount (mcg)
Brazil nuts	1 ounce (6-8 nuts)	544
Egg	1	20
Cottage cheese	1 cup	20
Mushrooms	100 grams	12
Spinach	1 cup	11
Milk & yogurt	1 cup	8

**The current daily value (DV) for selenium is 55 mcg**

Brazil nuts are one of the best sources of selenium. One ounce, or about six to eight nuts, contains about 544 mcg. Make sure you only eat a serving of Brazil nuts a few times a week to avoid selenium toxicity.



## Yoga:

**Disclaimer:** Please make sure you check with your doctor before attempting any yogasanas to avoid aggravation of pain or discomfort in any region of your body, as well as prevent any injuries as a result of the asanas.

Regular practice of yoga fortifies the immune system and enhances its ability to fight diseases.

Here are simple yoga poses that can help you put up a strong resistance power.

### Childs pose (Shishuasana):

It is an excellent pose to decongest the chest and build a better immunity defence system.

1. Sit on your heels. Keeping your hips on your heels, bend forward and lower your head to the floor.
2. Keep the arms alongside your body with hands on the floor, palms facing up. (If this is not comfortable, you can place one fist on top of another and rest your forehead on them.)
3. Gently press your chest on your thighs.
4. Hold.
5. Slowly come up to sit on your heels, uncurling vertebra by vertebra and relax.



### Contraindications:

- In case of serious back or knee injuries, avoid this pose.
- Pregnant women should avoid doing this pose.
- If you are suffering from or have recently suffered from diarrhoea, please avoid this pose.

### Bridge Pose (Setu Bandhasana):

This asana opens the heart and improves blood circulation. It increases energy in the body to help put a better resistance against pathogens.

1. To begin, lie on your back.
2. Fold your knees and keep your feet hip distance apart on the floor, 10-12 inches from your pelvis, with knees and ankles in a straight line.
3. Keep your arms beside your body, palms facing down.
4. Inhaling, slowly lift your lower back, middle back and upper back off the floor; gently roll in your shoulders; touch your chest to your chin without bringing your chin down, supporting your weight with your shoulders, arms and feet. Feel your bottom firm up in this pose. Both the thighs are parallel to each other and to the floor.
5. If you wish, you could interlace your fingers and push your hands on the floor to lift your torso a bit higher or you could support your back with your palms.
6. Keep breathing easily.
7. Hold the posture for a minute or two and exhale as you gently release the pose.



#### Contraindications:

- Avoid doing this pose if you are suffering from neck and back injuries.

### Plough pose (Halasana):

This is a backward bend that releases white cells in the body and strengthens the immune system.

1. Lie flat on your back, with your arms placed beside your body and your palms facing downwards.
2. Inhale, and lift your feet off the ground using your abdominal muscles. Your legs should be at a 90-degree angle.
3. Use your hands to support your hips and lift them off the floor.
4. Bring your feet in a 180-degree angle, such that your toes are placed over and beyond your head.
5. Make sure your back is perpendicular to the ground.
6. Hold the position for a minute while focusing on your breathing. Exhale, and gently bring your legs down. Avoid jerking your legs while releasing the pose.



#### Contraindications:

Avoid practicing this asana if you have the following conditions:

- Diarrhoea
- Neck injury
- Back problems or slipped disc
- Weak legs, cervical muscles, hamstring muscles or calf muscles
- Pregnancy or menstruation
- Those with enlarged thyroid, spleen and liver
- Weak blood vessels in the eye or migraines
- High blood pressure
- Sciatica problems
- Weak digestion

### Cobra pose (Bhujangasana)

It is a chest opening pose which helps release white cells that improve the body's immunity.

1. Lie on your stomach with your toes flat on the floor and forehead resting on the ground.
2. Keep your legs close together, with your feet and heels lightly touching each other.
3. Place your hands (palms downwards) under your shoulders, keeping your elbows parallel and close to your torso.
4. Taking a deep breath in, slowly lift your head, chest and abdomen while keeping your navel on the floor.
5. Pull your torso back and off the floor with the support of your hands.



Checkpoint: Are you putting equal pressure on both the palms? Keep breathing with awareness, as you curve your spine. If possible, straighten your arms by arching your back as much as possible; tilt your head back and look up.

#### Contraindications:

In case of the following conditions, please avoid doing this asana:

- Severe back and neck problems
- Stomach disorders
- Pregnancy
- Severe asthmatic conditions
- Fractured ribs or wrists, or recently abdominal surgeries (such as for hernia)
- Carpel Tunnel Syndrome

### Fish pose (Matsyasana)

Matsyasana expands the chest and stimulates the thymus. This helps improve the body's immunity level.

1. Lie on your back. Your feet are together and hands relaxed alongside your body.
2. Place your hands underneath your hips, palms facing down. Bring your elbows closer toward each other.
3. Breathing in, lift your head and chest up.
4. Keeping the chest elevated, lower your head backward and touch the top of your head to the floor.
5. With your head lightly touching the floor, press your elbows firmly into the ground, placing the weight on your elbows and not on your head. Lift your chest up from in-between the shoulder blades. Press your thighs and legs to the floor.
6. Hold the pose for as long as you comfortably can, taking gentle long breaths in and out. Relax in the posture with every exhalation.
7. Now lift your head up, lowering your chest and head to the floor. Bring your hands back along the sides of your body. Relax.



#### Contraindications:

In case of the following conditions, please avoid doing this asana:

- High or low blood pressure
- Neck injuries or soreness in the lower back or middle back
- Migraine patients
- Pregnancy
- Heart ailments
- Spondylitis

While doing the asana if there is any kind of tightness around the lower neck and upper back, one should immediately stop and relax in Corpse Pose (Savasana).

Watch this video to learn [Simple Yoga Asanas for Immunity](#).

**Pranayama:**

In addition to yoga asanas, pranayama or breathing techniques also help in boosting immunity. Since, our levels of immunity are also closely tied to the level of stress and anxiety that we feel throughout our bodies and minds. Yogic breathing exercises or pranayama techniques that combat anxiety and lower stress levels help to boost the functioning of our immune systems.

**Bhastrika Pranayama (Bellow Breath or Yogic Breath of Fire)**

Bhastrika pranayama consists of forced, rapid, deep breathing. We use our chest to get active inhalations and exhalations, in a very dynamic synchronised way.

1. Sit in Padmasana (Lotus Pose).
2. Take a deep breath and fill your lungs with air.
3. Release the breath after counting till five.
4. Now, begin practicing the technique by inhaling and exhaling with force and mimicking the panting activity.
5. To begin, practice at least 20 - 21 times (one round of inhalation and exhalation will count as one time).
6. You can take breaks and continue doing it for three minutes. Gradually, increase the count and the duration as your stamina increases.

**Contraindications:**

- Not to be practiced by those suffering from any ailment related to the internal organs (stomach, spleen, intestine, kidney, and so on)
- Not to be practiced by someone suffering from any heart ailment or hypertension
- Asthmatic patients should take guidance from a yoga teacher
- Should be avoided for people with ulcers in the body

**Kapal Bhati (Skull Shining Breathing)**

Kapal Bhati literally translates to 'the shining forehead,' and this is precisely what happens with regular practice of this pranayama – a forehead that glows not just from outside, but also an intellect that becomes sharp and refined. Regular practice of Kapal Bhati Pranayama detoxifies all the systems in our body. And the obvious sign of a healthy body is a shining forehead.

2 or 3 rounds twice a day gives you renewed energy to help combat cold.

1. Sit comfortably with your spine erect.
2. Place your hands on the knees with palms open to the sky.
3. Take a deep breath in.
4. As you exhale, pull your stomach in. Pull your navel in, back towards the spine.
5. Do as much as you comfortably can. You may keep your right hand on the stomach to feel the abdominal muscles contract.
6. As you relax the navel and abdomen, the breath flows into your lungs automatically.
7. Take 20 such breaths to complete one round of Kapal Bhati pranayama.
8. Relax with your eyes closed and observe the sensations in your body.
9. Do two more rounds of Kapal Bhati pranayama.

Note:

- The exhalation in this technique is active and forceful. So, just throw out your breath.
- Don't worry about the inhalation. The moment you relax your abdominal muscles, inhalation will happen naturally.
- Keep your awareness on breathing out.
- Practice this technique at home on an empty stomach.

Contraindications:

- Avoid practicing this breathing technique if you have a pacemaker or stent, epilepsy, hernia, backache due to slip disc, or have recently undergone abdominal surgery.
- Women should not practice Skull Shining Breathing technique during and shortly after pregnancy as well as during menstruation as it involves vigorous abdominal squeezes.
- People with hypertension and heart problems should practice this breathing technique only under a yoga expert's guidance.
- People with a weak digestive system should not practice this pranayama.

### **Alternate Nostril Breathing (Nadi Shodhan Pranayama)**

Nadi = subtle energy channel; Shodhan = cleaning, purification; Pranayama = breathing  
This technique helps open up a blocked nose and facilitates better flow of oxygen to the lungs.  
One can practice 7 - 8 rounds twice or thrice a day to overcome a cold.

1. Sit comfortably with your spine erect, shoulders relaxed and smile.
2. Place your left hand on the left knee, palms open to the sky or in Chin Mudra (thumb and index finger gently touching at the tips).
3. Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril and the thumb on the right nostril. We will use the ring finger and little finger to open or close the left nostril and thumb for the right nostril.
4. Press your thumb down on the right nostril and breathe out gently through the left nostril.
5. Now breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger. Removing the right thumb from the right nostril, breathe out from the right.
6. Breathe in from the right nostril and exhale from the left. You have now completed one round of Nadi Shodhan pranayama. Continue inhaling and exhaling from alternate nostrils.
7. Complete nine such rounds by alternately breathing through both the nostrils. After every exhalation, remember to breathe in from the same nostril from which you exhaled. Keep your eyes closed throughout and continue taking long, deep, smooth breaths without any force or effort.

Contraindications:

- This practice must be avoided by someone suffering from hypertension.
- If someone is suffering from any infection, wait to heal completely before resuming practice.
- As this pranayama puts pressure on the internal organs like the stomach, it should not be done on a full stomach.
- It is advised to take guidance from your yoga teacher if you are suffering from a migraine.

Follow this video to learn about [Pranayama \(Breathing Exercises\) for Immunity](#).

### Breathing exercises and meditation for sleep:

The most effective breathing techniques:

#### 4-7-8 Breathing Technique:

1. Sit comfortably with your back straight. You can even assume a cross-legged seated pose (sukhasana).
2. Slowly inhale with a count of 4 seconds.
3. Hold the breath for the next 7 seconds.
4. Exhale slowly with a count of 8 seconds. When you exhale, it's important to make a "whoosh" sound. More than the sound, it's how you purse your lips and then exhale.

So, in short: 4 secs - inhale, 7 secs - hold, 8 secs - exhale.

Now, if that's too much to start with, you can drop it to a 2-2-4 or a 4-4-6 and slowly build up to a 4-7-8. This technique really puts you into that deep level of sleep.

#### Left Nostril Breathing:

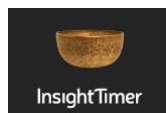
1. Sit comfortably with your back straight. You can even assume a cross-legged seated pose.
2. Rest your left palm on your left knee, moving your right hand towards the nose.
3. Using the right thumb, close your right nostril.
4. Inhale slowly through your left nostril.
5. Now, hold the breath inside and close your left nostril with your right ring finger.
6. Pause for a few seconds.
7. Release the right thumb and exhale slowly through the right nostril.
8. After a complete exhalation, again close your right nostril with the right thumb while releasing the right ring finger on the left nostril.
9. Repeat steps 4, 5, 6 and 7.
10. Perform 20 - 25 cycles and then release the right hand to the right knee.
11. Ease back into normal breathing.

Watch this [video](#) for more!

#### Emotional Health:

Recommended apps for meditation, visualisation and manifestations:

1. Calm
2. Insight Timer
3. Headspace



- Learn how to visualize through this video on [A Simple yet Super Powerful Technique to Visualize](#).
- Watch this Forgiveness Meditation video through [Luke's Masterclass on The Power of Forgiveness](#).
- Learn more about the [Four Pillars of Health with Luke](#) in this informative video.
- Join this [Community page for a daily Reflection and Gratitude Practice](#) to write your reflections or initiate your gratitude journal.

### Oxygen and Immunity:

Vitamin "O2" (Oxygen) prescription:

1. Before meals, sit with your back erect, take 5 - 10 deep breaths (inhale and exhale deeply).
2. Between every morsel of food, put the spoon or fork down, take one deep breath (inhale and exhale completely).
3. After the meal, take 5 - 10 deep breaths and give thanks for your clean and nutritious meal.

Note: The exhale should be a little longer than the inhale. Follow a natural flow of breath.

### Sleep Rituals

- Dim or soften the lights.
- Pick up a book to read.
- Brush your teeth.
- Have a warm bath.
- Pray, meditate or visualise.
- Listen to soothing music
- Make love.
- Spend time reflecting on your day.
- Brew a cup of herbal tea or spice concoctions.
- Communicate and connect in light hearted conversations.
- Cut down screen time exposure by switching off all electronic gadgets.



### Positive Affirmations

- I am healthy.
- My immunity is strong.
- I heal with ease and joy.
- My immune system is incredibly powerful.
- Every cell in my body vibrates with energy and health.
- Every day and in every way my mind and body are healing.



### Types of Fasting and it's Benefits

#### Intermittent Fasting:

Intermittent fasting is a method of fasting where one abstains from eating food during the fasting period, but only consumes plain water (no coffee, tea, lemon water, apple cider vinegar, juices). It consists of two phases:

1. The fasting or elimination phase, where you only drink water.
2. The building phase, where you break your fast and consume normal food.

A boost in immunity is one of the most noticeable changes with regular intermittent fasting. Our body utilises maximum energy for digestion (almost 80%) leaving the remaining (20%) for other bodily processes like repair, regeneration, healing, growth, detoxification and so on. So, if our digestive system is under a complete shutdown, every bit of energy is directed towards healing, repair, rejuvenation, regeneration, including building of immunity!

To know more about the power of intermittent fasting, click [here](#)!



**Dry Fasting:**

Dry fasting is a notch above intermittent fasting, because this involves a complete abstinence from any food or water during the fasting state. When we starve, our system directs the entire energy towards regenerating immune cells, proliferation of T- lymphocytes, production of interferons and even stem cell regeneration.

From a common cold to a cancer, intermittent and dry fasting are two of the most natural and time-tested ways to build a strong immunity.

To know more about the power of dry fasting, from anti-ageing to weight loss, click [here](#)!

**Circadian Rhythm Fasting**

One could also fast according to the Circadian Rhythm. This is one of the best ways to fast for immunity. The method is simple; Eat your last meal (in most cases it's dinner), as close to sunset as possible. Fast through the night and break it the next day only after sunrise or when your body truly feels hungry.

This is perhaps the most powerful lifestyle change that has helped people not only with immunity but also those struggling with sleep have now started to sleep better, deep and wake up feeling energetic and clean – thus indicating that they sleep well. The logic is simple. Our body is not designed to digest food at night. As the sunsets, and our body starts secreting melatonin, our digestion slows. This becomes clear from the fact that – our pancreas – a major digestive organ has melatonin receptors on it in order to slow down pancreatic function as the night approaches.

Thus, a late-night meal not only confuses our body's circadian rhythm, but also digestion. Eat a heavy, greasy late-night meal and you'd know!

To know more about Circadian Rhythm Fasting (CIF), select any of the links below:

- [The Perfect Fast | Circadian Intermittent Fasting \(CIF\)](#)
- [Sunset to Sunrise \(Circadian Rhythm\) Intermittent Fasting](#)
- [How to Make the Most of Intermittent Fasting](#)