

## Eating Vegetables

**A healthy lifestyle offers many benefits, including helping to prevent heart disease, type 2 diabetes, obesity, dementia and other chronic diseases. Another important benefit is that healthy routines enhance our immunity, ultimately resulting in improved health.**

The immune system is the body's way of protecting itself from infection and disease. It fights everything from cold and flu viruses to serious conditions such as cancer and covid-19. Our immune system is complex and influenced by many factors, vaccination being one of them. However, vaccines only build immunity against specific diseases and viruses. Some additional factors that can help us strengthen our immune system, may **not** be as simple as taking a vaccine, but the benefits can certainly out last any vaccine, with no side effects. They involve making lifestyle changes such as eating healthy, physical activity, maintaining a healthy weight, getting enough sleep, avoiding excessive alcohol use, an occasional internal body cleanse, taking supplements and drinking water. Over the next few months our Health & Wellness articles will focus on these factors that contribute to building a strong immune system.

Eating healthy is of the utmost importance to a strong immune system. When our diets include more green leafy vegetables, it is always a winning outcome. Try a delicious stir fry consisting of fresh kale, cabbage, carrots, mushrooms, celery, red & green peppers, onions, parsley, cilantro, fresh grated ginger and garlic, a pinch of Bragg aminos and sesame ginger sauce. The ingredients can also be changed to include favorites like collard greens and broccoli (fresh not canned vegetables).

The benefits are:

- 1) reduced inflammation
- 2) high fiber
- 3) low fat
- 4) a powerhouse of nutrients to boost our immune system

Reducing inflammation in the body is major. This is because inflammation is the leading cause of conditions like cancer, diabetes, arthritis, hypertension, dementia, asthma and heart disease to mention a few. What are the main causes of inflammation? Eating processed foods and consuming too many dairy products.

The month of February is the love month. Let's love and cherish this wonderful temple which Almighty God created to house our spirit, our body.

**Health Tip: The juice extracted from fresh string beans can lower blood sugar. This is key for a borderline diabetic.**