



GLOBAL
BIOHACKERS

IMMUNE WELLNESS

5 DAYS 5 WAYS TO SUPPORT YOUR
IMMUNE SYSTEM AND STAY WELL



Nutrition & Fitness



Top 10 Nutrition Facts That Everyone Agrees on

1. Added sugar is a disaster
2. Omega 3 fats are crucial and most people don't get enough
3. There is no perfect diet for everyone
4. Artificial trans fats are very unhealthy
5. Eating vegetables will improve your health
6. It is critical to avoid a vitamin D deficiency
7. Refined carbohydrates are bad for you
8. Supplements can never fully replace real food
9. "Diets" don't work - a lifestyle change is necessary
10. Unprocessed food is healthiest

Carrot & Lentil Soup With Broccoli Pesto

SOUP

2 tbsp cold-pressed extra-virgin olive oil
1 large brown onion chopped
750g chopped carrots
2 tsp ground cumin
2 tsp ground coriander
pinch dried chilli flakes
1 cup red lentils
1 litre vegetable stock
1 1/2 cups water

BROCCOLI PESTO

200g broccoli cut into florets
1/4 cup unsalted roasted cashews
2/3 cup flat-leaf parsley
1 clove garlic
1/4 cup finely grated parmesan
1 tsp finely grated lemon rind
1/4 cup lemon juice
1/3 cup cold-pressed extra-virgin olive oil

- Heat oil in a large saucepan over medium heat; cook onions and carrot, covered, stirring occasionally for 10 mins or until softened. Add cumin, coriander and chilli; stir to coat. Add lentils and the stock; bring to boil. Reduce heat; simmer, covered for 25 mins or until lentils and carrots are soft. Cool for 5 mins.
- To make broccoli pesto, process all ingredients except oil until finely chopped. With motor still running, gradually add oil in a thin, steady stream. Season to taste.
- Blend or process soup in batches until smooth. Return soup to pan with the water; stir over medium heat until hot. Season to taste. Serve soup topped with pesto, micro coriander and chilli oil, if you like.

Serves 4

Prep and Cook Time 55 mins

NUTRITIONAL COUNT PER SERVE

protein 22.7g; carbohydrate 36.7g; total fat 36.6g; fibre 18.4g

MAKE A STASH

The soup and pesto can be made up to 3 days in advance and stored in airtight container in fridge. Both can be frozen for up to 3 months.



Understanding Micronutrients

Micronutrients are important vitamins and minerals that you require in smaller doses. Some of the most common micronutrients you should know include:

- Magnesium: Plays a role in over 600 cellular processes, including energy production, nervous system function and muscle contraction (14Trusted Source).
- Potassium: This mineral is important for blood pressure control, fluid balance and the function of your muscles and nerves (15Trusted Source).
- Iron: Primarily known for carrying oxygen in the blood, iron also has many other benefits, including improved immune and brain function (16Trusted Source).
- Calcium: An important structural component of bones and teeth, and also a key mineral for your heart, muscles and nervous system (17Trusted Source, 18Trusted Source).
- All vitamins: The vitamins, from vitamin A to K, play important roles in every organ and cell in your body.

Chicken Bone Broth Liquid Gold

1 whole chicken or 2kg of drums and wings (Use only organic, free range chicken for broth)
3 – 4L filtered water
2 Tbspn apple cider vinegar
1 large carrot, roughly chopped
1 large brown onion, roughly chopped
½ bulb garlic
3 – 4 full stalks of celery
sprinkle of Himalayan pink rock salt
Handful of your choice of herbs including parsley, rosemary, sage or thyme.



1. Place chicken in a large, heavy based stockpot or slow cooker, cover with water and remaining ingredients, cover and bring to the boil over medium heat.
2. Remove any foam which rises to the top, reduce heat and simmer on low for approx. 2 hours (or 3-4 hours in a slow cooker), or until the chicken is cooked.
3. Remove chicken from the broth, cool and shred meat from the bones. (Freeze or chill the shredded meat and use in meals).
4. Return the bones to the pot or slow cooker and continue to simmer over low heat for 8-12 hours.
5. Strain the broth and allow to cool before seasoning to your liking with rock salt and pouring into jars or containers for chilling or freezing.

Tips:

- Always use bones and vegetables from free range, organic produce to avoid contaminating your broth with toxin.
- Don't add salt to your broth until the very end otherwise it will concentrate and become too strong.
- When Broth is cooled, it should form a gel.
- Don't remove fat from the top of chilled broth – this helps preserve the broth. Skim the fat off and use for frying or add a little to your cooking.
- Use your broth in place of stocks and waters in any recipe, or add a squeeze of lemon juice and salt and pepper and sip like a cup of tea each day.
- You can substitute the chicken for beef, lamb or pork bones, which will produce a richer broth, but beware if you do have gut health issues as these broths can be too strong. Fish bones and head are also a delicious option and also contains thyroid strengthening properties.

Understanding Macronutrients

Macronutrients, or macros for short, are carbohydrates, fats, and proteins. So, basically, everything you eat can be broken down into these three macronutrient categories.

- **Carbohydrates:** Despite their sometimes poor reputation, when consumed from healthy sources, carbs are essential. You need carbs to keep your brain and muscles working at their optimal levels. "Carbs, in various forms, are the macronutrients required in the largest amounts," says Rigoli. "When eaten and broken down, complex carbs provide the major source of energy to fuel everyday activities. Carbohydrates should supply 45 to 65 percent [of] a client's daily calorie needs, depending on their specific goals."
- **Fat:** It's easy to think that the more fat you eat, the more fat you'll retain. This isn't necessarily true. Fat is essential for the body to function properly. "Healthy fats help with vitamin absorption, supply the body with essential fatty acids it doesn't make [by] itself, and gives the foods we love the flavor and texture that makes them so enjoyable," says Burgess. That said, not all fats are equal. "It's best to replace as much saturated fat (meat, butter, cream) and trans fat (found in processed, pre-packaged foods, fast food, and some margarines) with the healthier plant-based unsaturated fats (found in foods like nuts, avocados, olive oil, etc.)," says Rigoli.
- **Protein:** Protein breaks down in the gut into amino acids and utilized as building blocks. "Protein helps to repair all tissues like muscle, bone, skin, etc," says Rigoli. "It's also used in making essential hormones and enzymes that support your immune system." When used as an energy source by the body, it's typically because the carbohydrate and fat storage in the body has been depleted to the point where protein is necessary to continue to maintain normal functioning, she adds.

Turmeric Chicken Zoodle Soup

1 Tbslpn Ghee, coconut oil or fat from the top of your chilled broth
1 Onion, finely sliced
½ - 1 tsp fresh grated turmeric, ordried turmeric
½ - 1 tsp freshly grated ginger2 cloves garlic, crushed
2 ½ c of your chicken broth from above
2 tomatoes, diced (Optional)
2 zucchinis thinly sliced into "Noodles"
300g of the shredded chicken from the broth salt and pepper to taste
Juice of 1 lime handful chopped coriander



1. Heat the ghee or oil in a large saucepan.
2. Add the onion and sautee until fragrant and lightly golden.
3. Add the garlic, ginger, turmeric and stir through until fragrant.
4. Add the broth, tomatoes and shredded chicken and simmer softly until the chicken is heated through.
5. Stir through the "Zoodles", and simmer for a couple of minutes until they are cooked through. Season to taste with salt and pepper, add a squeeze of lime juice and pour into bowls. Garnish with coriander leaves, get comfortable and enjoy the deliciousness of this bowl of hearty, soothing and nourishing broth!

Combine Good Nutrition With Other Healthy Habits

Nutrition isn't the only thing that matters for optimal health. Following a healthy diet and exercising can give you an even bigger health boost.

Did you know?

1 in 2

adults don't meet the physical activity guidelines.

2 in 3

children don't meet the physical activity guidelines.

2%

of young people aged 13 to 17 meet the physical activity and sedentary screen-based behaviour guidelines.

2 x 20 minute at Home Work outs

By Sarah - Exercise Physiologist

WARM UP

5 x jog up and down driveway
Stretch out hamstrings and quads

Routine 1

Single leg back bridge x 8 each side (tight bottom, feel it in the hamstring and bottom)

Supergirl leg kicks (lay on your back legs out straight) x 30sec

Run up and down steps x 5

Repeat 3 times

Routine 2

Kneeling push ups x 5 (tight bottom)

Caterpillar (straight legs, walk out to hands underneath shoulders and tight bottom, should feel a little bit in core, arms,

hamstrings) x 5

Repeat 3 times

Routine 3

Dish (Lay on back with legs out straight and raised, arms out straight behind head, core locked) x 30 sec

Dish rock x 10

Back Bridge raises x 20 (shoulders stay on the ground, bottom lifts)

Back Bridge hold x 30 sec

Side Bridge x 10 each side (hold hips up, body in straight line, elbow vertically underneath shoulder, feel in obliques)

Repeat 3 times

Recommendations

Adults should be active most days, preferably every day. Each week, adults should do either:

- 2.5 to 5 hours of moderate intensity physical activity - such as a brisk walk, golf, mowing the lawn or swimming
- 1.25 to 2.5 hours of vigorous intensity physical activity - such as jogging, aerobics, fast cycling, soccer or netball
- an equivalent combination of moderate and vigorous activities.

<https://www.health.gov.au>

20
MINUTE AT-HOME WORKOUT

15	JUMP SQUATS
5	PUSH-UPS
30	HIGH KNEES
5	BURPEES
10	LUNGES
5	PUSH-UPS
10	LUNGES
5	BURPEES
15	JUMP SQUATS
10	SECOND PLANK
10	LUNGES
20	JUMPING JACKS

REPEAT THREE TIMES