

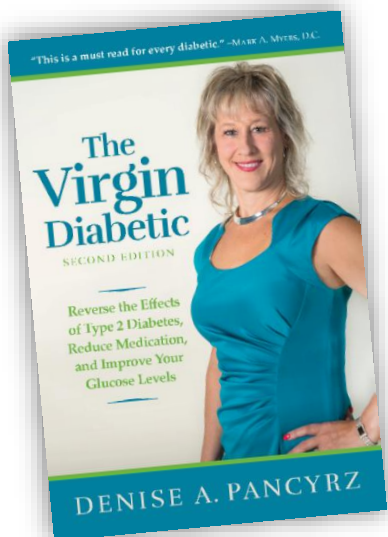


I was diagnosed with Type 2 Diabetes and prescribed four insulin shots per day along with a handful of medications.

I was told by the medical community I could never stop insulin or drugs – in fact, the dosages would increase with age.

Well, I dared to step away from the traditional medical management and reversed my diabetes – no more insulin shots – no more medications. All accomplished through holistic nutrition.

Read my miraculous story of reversing diabetes in my 2<sup>nd</sup> edition book, *The Virgin Diabetic*.



Available On:

[Amazon.com](https://www.amazon.com)

[BarnesandNoble.com](https://www.barnesandnoble.com)

## Foods for Your Immune System

### Keep Nutrients in Mind

Eating a broad variety of greens, nuts, vegetables, fish, grass-fed beef, chicken or turkey will give you some variety of flavors and nutrients.

Having extra of the following foods can help your immune system.

### Foods that contain **Vitamin C**:

- Cauliflower
- Broccoli
- Brussel sprouts
- Bell peppers
- Strawberries
- Citrus
- Tomatoes
- Parsley
- Thyme
- Basil
- Black currants
- Acerola cherries





Foods that contain **Zinc**:

- Beef
- Spinach
- Asparagus
- Mushrooms – Shitake and Crimini
- Lamb
- Sesame seeds
- Pumpkin seeds
- Garbanzo beans
- Lentils
- Cashews
- Quinoa
- Turkey
- Shrimp
- Tofu
- Scallops
- Summer squash
- Broccoli
- Swiss chard
- Brussels sprouts
- Tomatoes
- Yogurt





## Fermented foods

have probiotics to help your immune system and digestive tract:

- Yogurt
- Kefir
- Sauerkraut
- Tempeh



## Fiber:

- Chia
- Raspberries
- Broccoli
- Kidney beans
- Black beans
- Cabbage
- Spinach
- Brussels sprouts
- Flax
- Green beans



Since most people don't get enough fiber, I'm including my Chia Pudding recipe. Change it up anyway you like. Have a few teaspoons throughout the day.

