(5/5) Keep A Cold Short & Sweet - Healing Foods Transcript

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Healing Foods to Avoid

So the last piece on the handout are healing foods. So I put some foods that we specifically want to avoid when you're sick. Some of these being heavy proteins like red meats.

Red meats are anything that come from a mammal. Beef from cow, steak, Even pork, pork sausage from a pig, lamb, elk, deer, those are all red meats and considered very heavy proteins.

Some of the lighter proteins are okay during a sickness, like chicken, even turkey or fish, but you don't need a lot of protein when you're sick. In fact, when your sick, your body, this is caviar, only if you are hungry, so when are sick your doesn't a need lot food.

Easy-to-Digest Foods and Soups

It also wants things that are simple to digest. Simple-to-digest foods are carbohydrates, simple carbohydrates. For here we're thinking steamed veggies, white rice, broths, soups.

Things that are easy to digest and your body doesn't have to work too hard to break them down. So, we want to avoid heavy proteins like the red meats, and we also want avoid to heavy fats.

So for those of you that know me, peanut butter is my weakness, I love it so much. Peanut butter and all kinds of nut butters would be things to be avoid while you're sick.

These are very fatty and your body doesn't need fats while your fighting a sickness. So your grandmother was completely right when she recommended chicken noodle soup for when you're sick.

This is one of those tried and true things that is 100% true. The chicken noodles soup is very nourishing because of its warm temperature.

Hydration and Bone Broth

It increases the body temperature, it's easy to digest, and you are getting just a little bit of easy-to-digest protein too. the piece to remember mostly with the healing foods If you're not hungry, don't eat.

As much as you can, stay hydrated. Fevers are very dehydrating and simply being sick takes a lot of energy and you want to keep your cells hydrated to move toxins out of the body to flush the lymphatic system.

So think about teas. Think about water. Think about broths, think about soups. Think even if you have the bandwidth or you a loved one that would do it for you to make bone broth.

That has a lot of electrolytes in it too. So you're getting extra nourishment and you getting a little bit of healthy fat and a bit protein too, just enough for the body to digest.

Closing Remarks and Support

We are at the end of our time together today and I'm so thankful that you took the time to watch. are making some space for keeping yourself healthy and well.

Please know that I'm here to support you with any additional questions you may, you might have. If you certainly, if you needed more specific recommendations for your sickness and how you can get healthy faster, please reach

out.

I love helping people to health and I would love to be part of your healthcare team. Thank you so much for watching. Dr. Emily Wolbers with QC Natural Health.