



Winter Resilience Guide

BE|NOURISHED



Hampshire, UK (Worldwide coverage)



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Supporting Your Immune Health During Winter

Maintaining a strong immune system during the winter months is the foundation of good health, and improves the resistance, resilience and recovery from winter illness.

Please take a moment to review the "Safety Considerations" and "Disclaimer" sections at the end of this document before incorporating any part of this protocol.

Stocking the Cabinets - The Essentials

Supporting your immune system leading up to the winter months is crucial for staying healthy during the cold, flu & covid season. Stocking up on essentials early reduces the need for crowded store visits, minimising infection risks. Prioritising good nutrition, exercise, and sleep can fortify your immune defences, keeping you well-prepared for winter.

Support for your nose and throat.

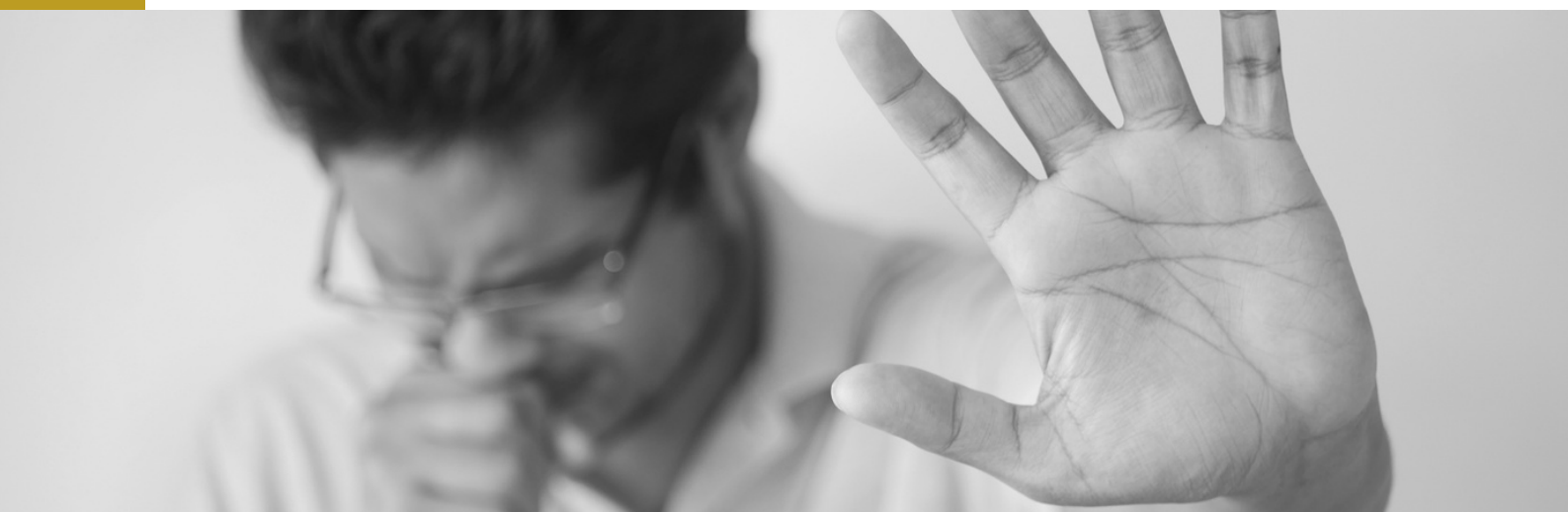
Saline Rinse	Saline rinse solutions and keep in a nasal irrigation bottle, rinse the nasal passages morning and night at the onset of symptoms. You will find plenty of options on Amazon and be sure to access our guide on Oral and Nasal Hygiene
Citricidal Nasal Spray	Antimicrobial nasal spray that can be used during active infection https://www.amritanutrition.co.uk/products/citricidal-nasal-spray-30ml Dose according to packet instructions. Use the BeNourished discount code S8CBEE to open your account.
NoriZite	2-3 sprays per nostril up to 4 times per day. NoriZite Nasal Spray is intended to be used prior to situations where the exposure to viruses is likely. https://birminghambiotech.co.uk/norizite

Support for oral health

Zeolite toothpaste	Use Zeolite toothpaste to trap any potential toxic peptides produced in the oral cavity https://www.toxaprevent.co.uk/products/dentura-med-sensitive-toothpaste use the BeNourished discount code, benourished15 , for money off at the checkout. Use the toothpaste as you would your usual toothpaste.
Biocidin	The pH Balancing Mouthwash is made to work with the oral ecosystem, not against it, the naturally alkaline mouthwash inhibits the growth of bad bacteria and leaves the mouth healthy and fresh. https://www.amritanutrition.co.uk/products/alkalizing-mouthwash-474ml BeNourished discount code S8CBEE to open your account.
Biocidin Throat Spray (TS)	Botanical blend to support the first line of defence. Spray 1-3 times in mouth towards back of the throat (safe to swallow). Use at the onset of a sore throat and discontinue once resolved https://www.amritanutrition.co.uk/products/biocidin-ts-throat-spray . Use the BeNourished discount code S8CBEE to open your account.
Salt Water Gargles	Add 1/4 tsp Celtic sea salt to 100ml some warm water and dissolve and gargle and spit is separated amounts until you finish the 100ml. You can do salt water gargle 2-6 times a day during acute or active phase infection.

CAUTION: IN SOME PEOPLE ZINC SUPPLEMENTS CAN CAUSE GASTROINTESTINAL PAIN. THIS CAN BE PREVENTED BY EATING PRIOR TO CONSUMING ZINC SUPPLEMENTS. SUPPLEMENTAL ZINC CAN INHIBIT THE ABSORPTION AND AVAILABILITY OF COPPER. IF MORE THAN 50 MG OF SUPPLEMENTAL ZINC IS TO BE TAKEN DAILY FOR MORE THAN FOUR WEEKS, 2 MG OF SUPPLEMENTAL COPPER SHOULD ALSO BE TAKEN TO REDUCE THE RISK OF COPPER DEFICIENCY.

Immune Support for When You First Get Sick



Rosita Cod Liver Oil (CLO)	<p>Take 3 capsules daily for 1-2 weeks. CLO contains a natural balance of vitamin A and Vitamin D needed to support mucosal immunity. Not suitable for those taking blood thinning medication.</p> <p>https://www.amritanutrition.co.uk/products/extra-virgin-ood-liver-oil-90-softgels use the BeNourished discount code S8CBEE to open your account and qualify for discount.</p>
Life Extension Enhanced Zinc Acetate lozenges	<p>Suck on 1 lozenge AM and 1 lozenge PM from the onset of symptoms and for 7 days. Please do not chew these, suck them until fully dissolved. Order through www.amritanutrition.co.uk use the BeNourished discount code S8CBEE to open your account and qualify for discount.</p>
Whole Food Vitamin C	<p>Our favourite is Time Health Organic Acerola Cherry powder you only need ¼ tsp daily to meet recommended targets</p> <p>https://timehealth.co.uk/product/freeze-dried-acerola-cherry-powder/ use the BeNourished discount code benourished15 at the checkout to receive discount</p>
Black Elderberry Extract	<p>Take 30-40 drops of extract in a small amount of water 3 times daily between meals for the first week of your sickness. Shake well before using.</p> <p>https://www.amritanutrition.co.uk/products/black-elderberry-59ml use the BeNourished discount code S8CBEE to open your account and qualify for discount.</p>
OptiResol (SPM's)	<p>SPMs are metabolites of omega-3 fatty acids which may help to promote the optimal resolution of inflammation. Not suitable for those taking blood thinning medication. https://www.amritanutrition.co.uk/products/optiresol-60-capsules use the BeNourished discount code S8CBEE to open your account</p>
Celtic Sea Salt Electrolyte Powder	<p>Add two level scoops (scoop inside bottle) to 8 ounces of water 2 to 3 times daily. Stir or shake mixture before drinking. May be pre-mixed. Invert this container several times before each use.</p> <p>https://www.amritanutrition.co.uk/products/electrolyte-powder-120g use the BeNourished discount code S8CBEE to open your account</p>

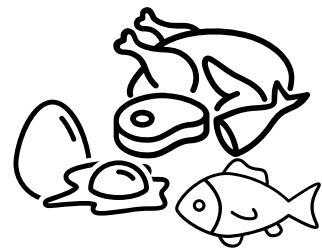
Nutrition Interventions



Every nutrient is important to immunity. If you have a serious deficiency of any one nutrient, you are likely to get sick much more often as a result. Therefore, it is important to eat a well-rounded, nutrient-dense diet, and order lab testing to rule out any major deficiencies.

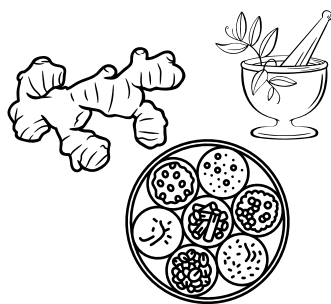
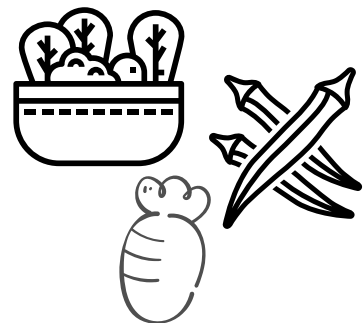
Here are my general principles for eating a healthy diet:

Diversify your protein among meat, fish, and plenty of eggs.



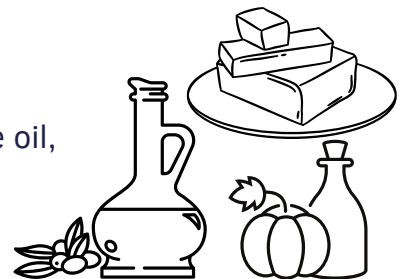
Consume a diverse amount of carbohydrates. That includes legumes, whole grains, starchy vegetables such as potatoes, and fruits. If you tolerate these, make them up to a third of the food at each meal.

Consume a large volume of vegetables, of different colours. Make vegetables at least a third of the food at each meal.



Added Extras...Include foods that aid in digestion at every meal. Ginger, lemon water, vegetables, bitter foods, and tolerated herbs and spices. You can also include herbal teas.

Ensure a balanced level of fats from food sources, using olive oil, butter, ghee, eggs, oily fish, udo's choice ultimate blend and black seed oil.



If you lose your appetite, then focus on foods that are easy to consume and digest, such as smoothies, soups, juices and well cooked stews. Chew foods well and sip liquid based foods slowly as drinking or consuming foods too quickly can trigger digestive discomfort.

Safety Considerations

Antiseptic rinses carry a potential risk of disrupting the natural microbiome, but it's important to remember that pathogens also pose a similar risk. Therefore, it is advisable to use these rinses as directed and avoid unnecessary or excessive usage..

Cod liver oil and OpriResol can contribute to thinning of the blood and should not be used in conjunction with any blood thinning medications.

Toxicity from vitamins A and D is not expected when using this protocol. However, if you newly experience nausea, vomiting, or headache that are not symptoms of your illness result, or you develop hair loss, scaling or chapped skin, bone pain, or frequent thirst and urination, stop the vitamins A and D and talk to your doctor about running lab work looking for toxicity for either vitamin.

Disclaimer:

Please note that this document does is not intended to be used as a replacement of any medical advice. The guidance in this document is for information purposes only and is not intended to be used to diagnose, treat or cure any condition. Please consult with your healthcare providers before making any changes to your current supplement regime. If you are taking any medications, please check that none of the recommended products interact with your medications. If you have genuine concerns over your health when you get ill then please make sure you contact the necessary medical professionals for support and guidance.

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