

Diana Stobo's

All-Natural Immunity Upgrade

**4 Incredible All-Natural Immune
Boosting Remedies That Will Kick Your
Cold Or Flu To The Curb Without Wasting
Time Or Money On Doctor Visits**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

Diana Stobo

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EATING FOR HEALTH, VIBRANCE AND BEAUTY

1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "ALL-NATURAL IMMUNITY UPGRADE"?

It is a downloadable ebook that includes four recipes that can boost your immunity to help you prevent or recover from an illness such as a cold or flu.

3. How will it help me?

By following the tips in this guide, you can prevent coming down with a cold or flu or shorten the duration of one. You can also ease the pain associated with these common illnesses.

4. How do I know if it's right for me?

If you are in general good health and want to naturally prevent or ease symptoms of cold or flu, then this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

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Introduction

You start to feel the aches, the chills. You know the signs—you are getting sick. Instead of waiting for it to hit you full on, try some of these powerful home remedies to kick that cold or flu to the curb!

These remedies have been around for centuries, and for good reason: they work.



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Cold and Flu Master Tonic

I truly believe in the power to heal yourself through food.

But sometimes that yearly bug comes around and you want to head straight to the drug store.

Stop! Make this instead.

This tonic is a concentrate of powerful antiseptic, antibiotic, and anti-inflammatory medicine. All ingredients are found at your grocery store. Make a batch today; it takes a few weeks to infuse properly.

Ingredients

3-inch piece of fresh ginger root

3-inch piece of fresh horseradish root, peeled

2 large organic white onions, peeled and quartered

3 large heads of garlic, peeled (not 3 cloves, 3 HEADS)

8–10 organic jalapeños (or any hot pepper you prefer), stems removed

1 bottle (32 oz.) raw, apple cider vinegar



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Directions

Wash and chop all of the ingredients. Shave the tough outer skin of the horseradish.

Put chopped vegetables into a high-powered blender. Add a whole bottle of apple cider vinegar and blend until smooth.

Put into a large glass jar. Cover with a towel and let it sit for 4 (or more) weeks on the counter to infuse. Once a day, put a lid on it and shake it. Then remove the lid and return the towel.

After four weeks, strain through a mesh strainer and put back into a glass container with a lid.

Store in the refrigerator. Should last up to 2 years in the fridge.

How to use

Gargle and swallow. Don't dilute with water.

Take 2 to 4 tablespoons three times daily at the first sign of a cold.

If you're already sick, take six times daily until you start to feel better.

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Soothing Non-Dairy Turmeric Milk

Not only is this warm drink delicious, it is also soothing for sore throats and stuffy noses. Ginger and turmeric are anti-inflammatory and antiseptic. The black pepper boosts those properties. You can make this with any fresh nut-milk you have on hand or even store-bought coconut milk. Make sure you heat it gently to not curdle the milk.



Ingredients

2 cups homemade almond milk, coconut milk, or any non-dairy milk of your choice

1 teaspoon turmeric powder

1/4 teaspoon black pepper

1-inch piece of ginger, sliced

Raw honey to sweeten, if desired

Directions

Combine all ingredients in a pan and whisk on low heat until milk is warm but not too hot. Serve immediately.

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Golden Turmeric Honey

This is a natural and powerful antibiotic. The addition of black pepper helps your body absorb the healing properties of the turmeric.



Ingredients

- ½ cup raw honey
- 2 tablespoons turmeric powder
- ½ teaspoon black pepper

Directions

Mix honey, black pepper, and turmeric powder together. When you start feeling a cold coming on, dissolve 1 teaspoon of the mixture on your tongue. Repeat 3–4 times a day.

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Bone Broth

As many of you know, I am no longer 100% raw or vegan. I know the idea of bone broth may seem unsettling to you, but I was encouraged to try it by my homeopathic doctor. And you know what? It worked. It soothed my sore joints and healed a stomach bug I couldn't shake. It turned me into a believer!

But enough about me, here's why you should try drinking bone broth.



1. Heal and seal your gut. According to Jill Grunewald, a holistic nutrition coach and founder of Healthful Elements, a cup a day works miracles for leaky gut syndrome and is also good for protecting non-leaky guts. The gelatin in the bone broth (found in the knuckles, feet,



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and other joints) helps seal up holes in intestines. This helps cure chronic diarrhea, constipation, and even some food intolerances.

2. Protect your joints. Taking glucosamine supplements to help with joint pain has been common knowledge for years. Turns out that bone broth has glucosamine in it. But unlike pills, the broth also includes a host of other goodies that help keep your joints happy, healthy, and pain-free. The chondroitin sulfate in bone broth has been shown to help prevent osteoarthritis.

3. Look younger. Bone broth is a rich source of collagen. You can find collagen in all kinds of “plumping” products these days, but why stick it on the outside when you can drink it? Not only is drinking it cheaper, it can make your skin, hair, and nails look just as radiant.

4. Sleep better, feel better. The glycine in bone broth has been shown in several studies to help people improve their sleep and memory.

5. Immune support. Mark Sisson, author of *The Primal Blueprint*, actually calls bone broth a “superfood” thanks to the high concentration of minerals. He says that the bone marrow can help strengthen your immune system. (Something that won't surprise your grandma who always made you her famous chicken soup when you got sick!) A Harvard study even showed that some people with autoimmune disorders experienced a relief of symptoms when drinking bone broth, with some achieving a complete remission.

6. Stronger bones. The phosphorus, magnesium, and calcium in the bones seeps out into the broth leaving you with the essential building blocks for healthy bones.

7. More energy. I'm not sure what the mechanism is for this, but if you read accounts of bone broth, you'll notice everyone swears by the



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energy boost. I'd prefer to see science backing this up, but the research on bone broth is still emerging.

8. It's very economical! What else were you going to do with those chicken carcasses, soup bones, and veggies going bad in your fridge?

Ingredients

2 pounds (or more) of bones from a healthy source (organic, natural vegetarian diet, free range)

2 chicken feet for extra gelatin (optional)

1 onion

2 carrots

2 stalks of celery

2 tablespoons apple cider vinegar

Optional: 1 bunch of parsley, 1 tablespoon or more of sea salt, 1 teaspoon peppercorns, additional herbs or spices to taste. I also add 2 cloves of garlic for the last 30 minutes of cooking.

Directions

The best way to make bone broth is with the boniest bones you can find, like beef knuckles, chicken necks, oxtails, soup bones, and, of course, tiny, creepy feet.

Once you get the bones, making a basic broth is simple. Place them into a crockpot with whatever vegetables and herbs you choose, add water to cover, and cook on low for 24 to 72 hours. It will smell wonderful and you'll end up with a nutritious and cheap drink or soup base.