



# Newsletter



## Editor's Notes

BY OLIVIA KNIGHT

Hello there and welcome to the new edition of the Knight Vitality newsletter! It's been a full on few months since we last connected in the newsletter, and I wanted to share some useful information on ways to keep healthy through the Winter months and how to give your immune system the boost it needs.

In addition to my top tips for boosting immunity, you'll find my recipe for a delicious roasted vegetable lasagne, a look at Apple Cider Vinegar and finally, the Knight Vitality Master your Metabolism Guide. This handy guide will provide you with some useful tips to give your metabolism a kick start. Especially useful if you're feeling sluggish as we enter the colder months of the coming winter. Happy reading!

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# *The role of nutrition in boosting immunity*

BY OLIVIA KNIGHT

In the face of the ongoing Covid-19 worries and the threat of seasonal flu, the spotlight falls again on the importance of a strong immune system. While there are many factors that contribute to our immune health, the role of our nutrition cannot be overstated. A well balanced diet plays a pivotal role in fortifying the body's defences against infectious disease and ultimately our ability to ward off illness.

## NUTRIENTS THAT POWER THE IMMUNE SYSTEM:

**1) VITAMINS AND MINERALS:** Some essentials include - Vitamin C - renowned for its' antioxidant properties, vitamin C aids in the production of white blood cells, the frontline of the immune system.

Vitamin D - essential for immune cell function, vitamin D is synthesised in the skin through exposure to sunlight and can be obtained from food or supplements.

Zinc - a crucial trace element for the development and function of immune cells, playing a vital role in the body's defence against viruses.

**2) PROTEIN:** Proteins are the building blocks of the body, including immune cells. A diet rich in protein supports the synthesis of antibodies and other immune system components, plus allows efficient healing.

**3) HEALTHY FATS:** Omega-3 fatty acids found in fish, flaxseeds and walnuts possess anti-inflammatory properties, contributing to a balanced immune response.

**4) PROBIOTICS AND PREBIOTICS:** A healthy gut is integral to a strong immune system. Probiotics are live cultures found in fermented foods like yoghurt and kefir, they promote the growth of beneficial gut bacteria. Prebiotics are fibrous foods like almonds, bananas and wholegrains that provide nourishment for beneficial gut bacteria.

*"Illness is the Doctor to whom we pay most heed; to kindness, to knowledge, we make promise only; pain we obey."*

## **MARCEL PROUST**

To book your Nutrition and Health Coaching, call 07541 222177 or email [info@knightvitality.com](mailto:info@knightvitality.com). See website for more information. [www.knightvitality.com](http://www.knightvitality.com)



## WAYS OUR NUTRITION CAN SUPPORT US:

**ANTIOXIDANT RICH FOODS:** Incorporating a variety of fruits and vegetables into the diet ensures a range of antioxidants, which help neutralise harmful free radicals and reduce inflammation.

**HYDRATION:** Staying well hydrated is vital for immune system function. Water supports the transport of nutrients, aids the elimination of toxins and helps maintain the mucous membranes, a crucial barrier against pathogens.

**MODERATION:** Avoiding excessive intake of processed foods, sugary drinks and alcohol is essential. These not only compromise the immune system, but also contribute to inflammation.

**MINDFULNESS:** Stress has a significant impact on the immune function. Mindful eating practices, such as savouring meals and avoiding distractions, can positively influence digestion and nutrient absorption.

As we navigate the challenges posed by Covid-19, seasonal flu, and the usual coughs and colds we're all exposed to, adopting a proactive approach to immune health through nutrition is vital. A well balanced and nutrient dense diet not only strengthens the immune system, but also promotes overall health and wellbeing in many other ways. By making well informed dietary choices and embracing a healthy lifestyle, we empower our bodies to face the day to day health challenges with resilience.

*By Olivia Knight*

Head on over to [www.knightvitality.com](http://www.knightvitality.com) to find out more, or call on 07541 222177 to book your FREE 15 minute consultation. Our consulting room is based close to the centre of Farnborough, with free parking.



## *Tips for an immune boost*

☆ **EAT THE RAINBOW AND AIM FOR A VARIETY OF COLOURS ON YOUR PLATE, THE DIFFERENT COLOURS INDICATE DIVERSITY IN THE PHYTONUTRIENTS WITH IMMUNE SUPPORTING PROPERTIES**

☆ **HYDRATE YOURSELF THROUGHOUT THE DAY, DEHYDRATION WILL ZAP YOUR ENERGY LEVELS**

☆ **INCLUDE GARLIC AND GINGER IN YOUR MEALS AS THESE CULINARY STAPLES POSSESS ANTIMICROBIAL PROPERTIES AND ARE TRADITIONALLY USED TO SUPPORT IMMUNE HEALTH**

☆ **TRY TO STICK TO A REGULAR SLEEP ROUTINE TO ENSURE YOUR BODY GETS ENOUGH REST AND RECOVERY TIME**

☆ **TRY INCREASING YOUR HERB AND SPICE INTAKE TO ENHANCE FLAVOUR AND PROVIDE IMMUNE SUPPORT. TURMERIC, OREGANO AND CINNAMON ALL HAVE ANTI-INFLAMMATORY AND IMMUNE BOOSTING BENEFITS.**

☆ **ENSURE YOU EAT PLENTY OF FRUIT AND VEGETABLES, AND BE SURE TO INCLUDE GOOD QUALITY OMEGA 3 FATTY ACIDS TO REDUCE INFLAMMATION AND REPAIR CELL WALLS**

## Roasted Vegetable Lasagne

### Ingredients

2 Red, orange or yellow peppers diced  
 1 medium Aubergine diced  
 3 large Tomatoes diced  
 1 medium courgette sliced into rounds  
 1 small punnet of Mushrooms  
 1 large red onion diced  
 1 clove of garlic crushed  
 Dried herbs to taste  
 Tomato puree  
 1 tin of chopped tomatoes  
 Lasagna pasta sheets  
 Mozzarella or Parmesan if you prefer  
 Sprinkle of mixed seeds and pine nuts  
 Tablespoon of plain flour  
 Salt and pepper to taste  
 1 small cup of Milk  
 Knob of butter  
 Basil leaves to garnish



### More recipes are available on the website

Head on over to  
[www.knightvitality.com](http://www.knightvitality.com)  
 to find lots more delicious,  
 nutritious and healthy recipes  
 for you to try!



### Nutrition Facts

2 Servings

Calories 535 kcal  
 Total fat 16.2g  
 Saturated fat 8.8g  
 Cholesterol 75mg  
 Sodium 224mg  
 Total Carbohydrate 82.2g  
 Dietary Fibre 87.7g  
 Total Sugars 18.1g  
 Protein 21.6g



### Roasted Vegetable Lasagne

*Roasted Mediterranean vegetables layered with homemade tomato sauce and a creamy béchamel sauce, topped with a little bubbling, golden cheese.*

*Served with a helping of your favourite salad.*

#### METHOD

1: Wash, prepare and cut up all the vegetables. Aim for pieces of a similar size, chunks or rounds depending on your preference.

2: Pre-heat the oven to 200C/180C fan/gas mark 6. Put the pepper, aubergine, tomatoes, courgette, mushrooms and red onion on a baking tray with a drizzle of olive oil and the herbs. Roast for 25 - 30 minutes, turning occasionally until golden brown. (Keep aside a little of the onion for the tomato sauce.)

3: To make the tomato sauce: soften and slightly brown the red onion in a pan with a drizzle of olive oil, add the crushed garlic, tomato puree and tinned tomatoes after 10-12 minutes, simmering over a low heat for another 8 to 10 minutes. Adding the dried herbs, salt and pepper to your taste.

(If you want to make extra, you can cool the sauce and keep in the fridge for 3 days or pop into freezer bags and it can be kept in the freezer for up to 3 months.)

4: To make the béchamel sauce: gently melt the butter in a saucepan, stir in the flour, slowly whisk in the milk, bring to the boil and turn down the heat once it starts to boil stirring continuously. Once the sauce coats the back of a wooden spoon, it is ready.

(The béchamel sauce can be stored in the fridge for up to 3 days or you can pop it in freezer bags and it can be kept frozen for 3 months, although it is best freshly made.)

5: Once the vegetables are roasted, layer 1/3 of them over the bottom of the baking dish, pour over some of the tomato sauce, add a layer of the béchamel sauce and then a layer of the lasagne pasta sheets. Continue in this fashion until you have used all the ingredients and have 3 layers of the vegetables, tomato and white sauces.

6: Spoon some of the remaining béchamel sauce over the top layer and ensure the whole surface is covered, sprinkle the mozzarella or Parmesan cheese over the top of the lasagne and bake in the oven for 30 to 40 minutes until golden brown and the cheese is bubbling.

Serve with a delicious fresh side salad, be sure to include lots of colours and different leaves, cucumber, fresh tomato, radish and any selection you enjoy.

*An original recipe by Olivia Knight - Nutritionist and Health Coach*

The Knight Vitality Apple Cider Vinegar Guide

Autumn Ebook - Your FREE supplement

Welcome to Autumn! In readiness for the colder months, Knight Vitality has some expert tips to give your metabolism the boost you need!

The Knight Vitality "Master your Metabolism" Ebook is packed full of tips and hints to help your metabolism get going, plus you'll find cheat sheets, and lots more helpful information.



Warm Autumn wishes from me to you for the new Season!

Autumn is well under way and in full swing, so as it's the apple season, I thought what better way to honour the delicious Autumn fruit than to focus on the powers they hold.

Apple cider vinegar is proving to be a popular addition to the kitchen cupboard and in the seasonal Knight Vitality information sheet I'll be sharing a helpful introduction to the potential benefits that the golden nectar has to offer. Head on over to the website to read all about the benefits of ACV.

As the days shorten and the temperature drops, we need all the help we can get to boost our mood and immune system. I hope the tips I've shared with you throughout this Autumn edition have been helpful, giving you some inspiration on how to keep yourself tip top as the Winter days draw closer.

Ooh and keep watch for the return of Tip of the Week!

Happy Autumn,  
love Olivia

World Mental Health Day, 10th October

Once again, World Mental Health Day was a great success with a focus this year on "Mental health in the Workplace". I held a lovely "Tea and Talk" that allowed my colleagues to get together, share a cup of tea and cake whilst they had a chat. It proved to be a valuable time to relax and catch up with each other. They came up with some great tips that I wanted to share with you.

Easy self care tips...

- 1: Get outside for a walk, whether sunshine, wind or rain... it will give you some exercise and fresh air.
- 2: Do some deep breathing or try a meditation for 10 mins.
- 3: Take a break for coffee and a chat with a friend or colleague, A MUST.
- 4: Make time for yourself each day - read a book, a hand massage, a hot soak in the bath. Anything you enjoy!
- 5: Make your favourite food. A tasty snack or meal can give you such a mood boost.

Do you have a self care tip?

I'd love to hear your tips, so please pop on over and share yours on our Facebook or Instagram pages.

In the coming months, you will find more FREE eBooks coming your way...

If you have any ideas for topics you'd like covered, please do drop me a line!

I'm putting together a new collection of healthy food swap ideas that are cheap and simple ways to improve your health.



I'm currently working on the next Knight Vitality Ebook, where I'll be looking at nutrients that are essential for a healthy weight. You'll find my top tips for positive ways to weight maintenance.

