

*tips for wholesome living*  
**Life Tips for Immunity**



by oksana and viktoriya Gruzdyn

**For those who have never done a detox program and wish to start, the best way is to seek the guidance of a certified nutritionist or a naturopath doctor.**

Over the last few years, I, Oksana Gruzdyn, have been working on developing a pancreatic and ovarian cancer vaccine at the Department of Surgery, Wayne State University School of Medicine in Detroit, MI. Pancreatic and ovarian cancers have the lowest relative-five-year survival rates of all malignancies, with the majority of patients presenting with advanced and often inoperable diseases. This provides an opportunity for us to introduce other modalities such as cell-based immunotherapies. Cell-based immunotherapies are aimed at strengthening the immune system in the fight against cancer. In addition, during our studies at the Institute for Integrative Nutrition and Cornell University in NY, Viktoriya and I, have learned that one's lifestyle plays a significant role in our ability to fight various diseases including cancer. It is important to maintain optimum immunity



Oksana Gruzdyn

Oksana is an immunotherapy cancer researcher based in Detroit, MI. She is the left-handed, analytical twin. Besides her cancer research studies, she also enjoys Bachata music, creating plant-based recipes, web designing, meditating, and reading books on self-development and spiritual growth. Viktoriya is a multi-media creative artist. Viktoriya's love for all types of creative work has driven her to seek experiences in a variety of art-related fields. She loves doing sculpture, set and concept design, as well as motion graphics, and stop motion animation.

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throughout our lifespan. Lifestyle changes, such as regular exercise, adequate sleep, meditation, and optimum nutrition assist our bodies in fighting diseases. As we get older, our immune system tends to drop, but incorporating more positive lifestyle changes can halt this decline and in fact, reverse any future disease outbreaks.

Maintaining regular exercise may be difficult for busy people, but there are certain tips that one can follow that will increase their activity levels. Dr. Martha Grogan, Cardiologist from Mayo Clinic, said that “For people who sit most of the day, their risk of heart attack is about the same as smoking.” While computing, standing up every hour to stretch or walk can decrease this risk. While computing, one may wish to set their laptops on the book shelf and work while standing. In addition, it is easy to read a whole chapter or two while walking on a treadmill or bicycling, so the time never feels like it is wasted during an exercise. Standing in subways, parking far away, and taking stairs whenever possible—all help to strengthen the immune system and decrease the risk of heart disease.

Arianna Huffington, the co-founder and editor in chief of The Huffington Post, writes in her excellent book, “The Sleep Revolution,” the profound effect that sleep deprivation has on our health, job, relationships, and happiness. During sleep our immune system strengthens, our bodies detoxify, and our tissue rebuilds. In her book, Arianna writes that we are able to perform at a much better level when we get adequate amount of sleep. She writes that “Nothing increases our stress faster than sleep deprivation.” Studies have shown that during sleep deprivation, cortisol levels go up and the immune system becomes suppressed. Therefore, it is important to get adequate amount of sleep for an optimum immunity.

Lastly, one cannot out train a bad diet. Diet high in alkaline, mineral and enzyme-rich foods strengthens the immune system. Disease cannot thrive in the alkaline environment. All vegetables, herbs, some fruits and seeds are alkaline in nature. In Ayurvedic medicine, herbs such as ashwagandha, ginger, basil, turmeric, cardamom are beneficial for our immune system. Herbs such as thyme, rosemary, dill, parsley, cilantro, sage, are superior in antioxidants than berries, very alkaline, anti-bacterial, anti-fungal, and anti-cancer. The easiest way to incorporate these herbs into one's diet is by adding them in salads or salad dressings for optimum immunity.

Here is a typical meal plan that is aimed at strengthening the immune system while keeping us energized and satiated.

**Breakfast:**

Carob Tahini Buckwheat Bowl

Ingredients:

- 1/2 cup of buckwheat (pre-soaked overnight in water)
- 1 cup of homemade almond milk (or any other dairy-free milk, such as coconut milk, soya milk)
- 1 tbs of coconut flakes
- 1 tbs of hemp seeds
- 1 tbs of raw sprouted tahini sesame seed butter (or almond butter)
- 3 tbs of raw carob powder (carob is an alkaline alternative to cacao, which is acidic)
- 1 tbsp of ground cinnamon
- 1/4 cup of frozen mixed berries (high in antioxidants)

Instructions:

1. To make Tahini Drizzle, mix 1 tbs of tahini sesame seed butter with 1 tbs

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of coconut water (or any dairy-free milk).

2. To make buckwheat, pour the buckwheat onto a pot with 1 cup of almond milk and cook on medium heat for ten minutes while stirring.
3. Add carob powder and ground cinnamon and continue stirring for two minutes. If needed, add more almond milk or water to prevent the buckwheat from burning.
4. Pour the buckwheat mixture onto the plate and top with hemp hearts, coconut flakes, and frozen mixed berries, and Tahini Drizzle.

### **Lunch:**

#### Green smoothie bowl:

##### Ingredients:

- 1 ½ cup of spinach
- 1 ½ cup of baby kale (or mixed greens)
- ½ cup of green apple (or pear)
- 1 tbsp of almond butter
- 1 cup of unsweetened vanilla almond milk (or soya milk)
- Toppings: 2 slices of fresh pineapple, 2 slices of grapefruit, ¼ cup of gooseberries or any other berries of your choice, 1 tbsp of hemp seeds, 1 tbsp of chia seeds, ¼ banana, ¼ cup of frozen blueberries.

##### Instructions:

1. Blend all of the ingredients (minus the toppings) in a high-speed blender and pour into the bowl.
2. Add all of the above toppings on top of the smoothie bowl and enjoy!

### **Dinner:**

#### Lentil Salad Bowl

##### Ingredients for the salad:

- ½ watermelon radish, chopped
- ½ English cucumber, chopped
- ½ orange bell pepper, chopped
- ½ red bell pepper, chopped
- 2 orange carrots, shredded
- a handful of fresh dill, chopped
- a handful of fresh garlic, chopped
- ¼ white onion, chopped
- 1 med zucchini, spiralized
- 1 teaspoon, chia seeds sprinkled on top
- ¼ cup of sauerkraut
- ½ cup of lentils (cooked)

##### Ingredients for the Avocado Pesto Dressing:

- 1 clove of fresh garlic
- ½ medium zucchini chopped
- a handful of basil
- 1 teaspoon of fresh lemon juice

##### Instructions:

1. Cook lentils according to the manufacturer's instructions.
2. Blend the above ingredients for the avocado pesto dressing in a blender and pour over the cut vegetables.

