




Support your
Immune
FITNESS



A guidebook to keep you healthy
and fighting fit this winter.





A healthy, resilient immune system is a core component of immune fitness. Keeping your immune system fit can have positive effects on overall health and wellbeing. Luckily, there's lots of things you can do to support your immune fitness.

Read on to discover our favourite tips for supporting your immune fitness every day, from managing your mindset and mental health to keeping physically active, plus supporting your immune system with immune boosting herbs, nutrients and a healthy diet.





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Important

The following tips provide general health and wellbeing information which may be helpful for healthy individuals. Always talk to your health professional to get advice to best suit your personal health needs.





Manage your mindset for immune health

The science is in, with new evidence popping up all the time proving what you probably already had an inkling is true: a positive mindset boosts your immune system.

Changes to attitude, stress levels, mental health and life experience can alter the way the cells of the immune system behave.¹

Cultivating a positive mindset makes up part of the toolkit we can use to relieve and prevent stress, and in turn, support your immune fitness.



Manage your mindset for immune health

Practical ways to support a positive mindset

Try including just one new thing from the list below every week or month and notice the difference in your outlook. Side effects may include greater resilience, improved mood, and a stronger immune system.

1. Simple lifestyle changes

- If you can, start by moving your body daily. It doesn't matter what form of exercise you choose, as long as it's something you find enjoyable and that you see yourself doing on a regular basis.
- Work on creating a bedtime ritual for restorative sleep. During deep sleep, the brain is able to create and maintain neural pathways that help with daily functions like learning and concentration.
- Call on friends, family and community if you're struggling to maintain a positive outlook.

2. Practice gratitude

- Focusing on what you do have (as opposed to what you don't) can make you feel a lot more grateful, and a regular practice helps to shift your mindset.
- Our favourite way to practice gratitude is by using a daily gratitude journal.

3. Be compassionate

- Pretending everything is fine if you're struggling isn't going to help. Being honest, patient and compassionate with yourself is foundational in getting to higher ground.
- Stay curious when negative thoughts come up rather than jumping to criticise yourself. When those negative thoughts or judgments do come up, let them go and remember that what comes up isn't who you are, it's just part of the old mindset.

4. Make space for creative play

- Creative play relieves stress and boosts brain health and function^{2,3}
- Creative outlets come in all forms, from cooking to gardening, and problem-solving to dancing around your living room.





Mental health benefits of spending time in nature

Are you getting your recommended daily intake of nature? Adding time in nature to your list of priorities is not only much easier than you might think, but also has a ton of mental health benefits too.

Mental health benefits of spending time in nature

A great deal of our lives are spent indoors, in front of screens, sometimes far from the expansive great outdoors that the body and mind craves.⁴

The psychological benefits of spending time in nature go beyond just reducing stress. It also allows human beings to mentally flourish and properly recharge.⁵

Creating a mindful routine for spending time in nature is one of the simplest ways to take care of your physical and mental wellbeing for optimal immune fitness.

How to spend more time outdoors

Start small so that time outside can be easily incorporated into every day and go from there. Here are some tips on how to get outside more:

- A detour down your favourite tree-lined suburban street to go get your morning coffee.
- Eat your lunch in the park near your office.
- A brisk coastal/park walk and catch up with a friend.
- A stroll through your local botanical gardens.
- Make a list of hikes or bike trails you'd like to do and tick one off every week or month.
- Plan a picnic or day at the beach for your next family outing or catch-up.
- If you're lucky enough to live close to the ocean or a swimming-friendly lake or river, try going for a swim or dipping your feet in once a week





Exercise and your immune system

Did you know that there's an area of scientific research dedicated to exercise and its influence on the immune system? It's called exercise immunology and it's been popping up with some remarkable findings.

Exercise helps the immune system locate and destroy viruses and bacteria. Plus, sticking to an exercise habit in the long term decreases your likelihood of developing infections, in turn, developing your resilience and immune fitness.⁶



Exercise and your immune system

How to exercise to build immunity

When it comes to boosting your immune health, your exercise goal should be to move at moderate intensity for up to 60 minutes at a time at least three times a week – but to give yourself a break or take things easy when you're run down or over-tired.

Moderate-intensity exercise of no more than 60 minutes increases 'immunosurveillance'. That is, it enhances the activity of specific cells of the immune system so they function on high alert, looking for bacteria and viruses.⁷

Simple exercise to boost the immune system

Moderate activity should increase your heart rate by 50-60% compared to when you are resting and might include:

- Walking 3km in 30 minutes
- Biking 8km in 30 minutes
- Swimming laps for 20 minutes
- Running 2.5km in 15 minutes
- Doing water aerobics for 30 minutes.
- Playing volleyball for 45 minutes
- Playing basketball for 20 minutes
- Jumping rope for 15 minutes
- Walking stairs for 15 minutes

It's important to remember that exercise is a personal thing, so your main focus should be on exercising to your current ability.

Balancing high-intensity workouts with moderate to lighter workouts can do wonders for your immune health. And you don't have to train yourself to exhaustion in order to reap the benefits and have a good time doing it.

If you're new to a particular exercise or haven't exercised in some time, it's always best to check in with your GP and get the all-clear before you start – then take it slowly to avoid injuries to muscles that may not be used to the movements.

Exercising for immunity involves a degree of mindfulness and respect for what your body needs or is feeling from day to day. Start by choosing an activity you love and go from there.





Winter wellness tips from Chinese medicine

From the perspective of traditional Chinese medicine (TCM), a healthy lifestyle lays the foundation for healthy defences against illness. One of the central philosophies of TCM is that maintaining optimal health and wellbeing requires adjusting your daily lifestyle throughout the year.

By responding to your environment as it moves through the seasons, you'll not only stay in harmony with nature but will also retain your own internal state of balance.

Winter wellness tips from Chinese medicine

Winter: When yin dominates yang

In TCM, all aspects of life are seen to exist in an ever-changing balance of yin and yang. From this perspective, winter is when the world is at its most yin. For example, cold temperatures (yin) are more dominant than warmth (yang).

Keep warm

The key to keeping well during winter according to TCM is to stay warm! In TCM, winter is when we're most likely to be affected by symptoms considered 'cold' in nature, which can include common colds, fatigue, a tendency to put on weight over winter and reduced blood flow, which causes poor circulation, for example, cold hands and feet.

Many of these are due to an excess of cold or a lack of yang's warmth in the body in TCM, so make sure to rug up and maintain a warm body temperature throughout winter.

Stay home and get lots of rest

This is the time to slow down, conserve your energy, and prioritise stillness and quiet.

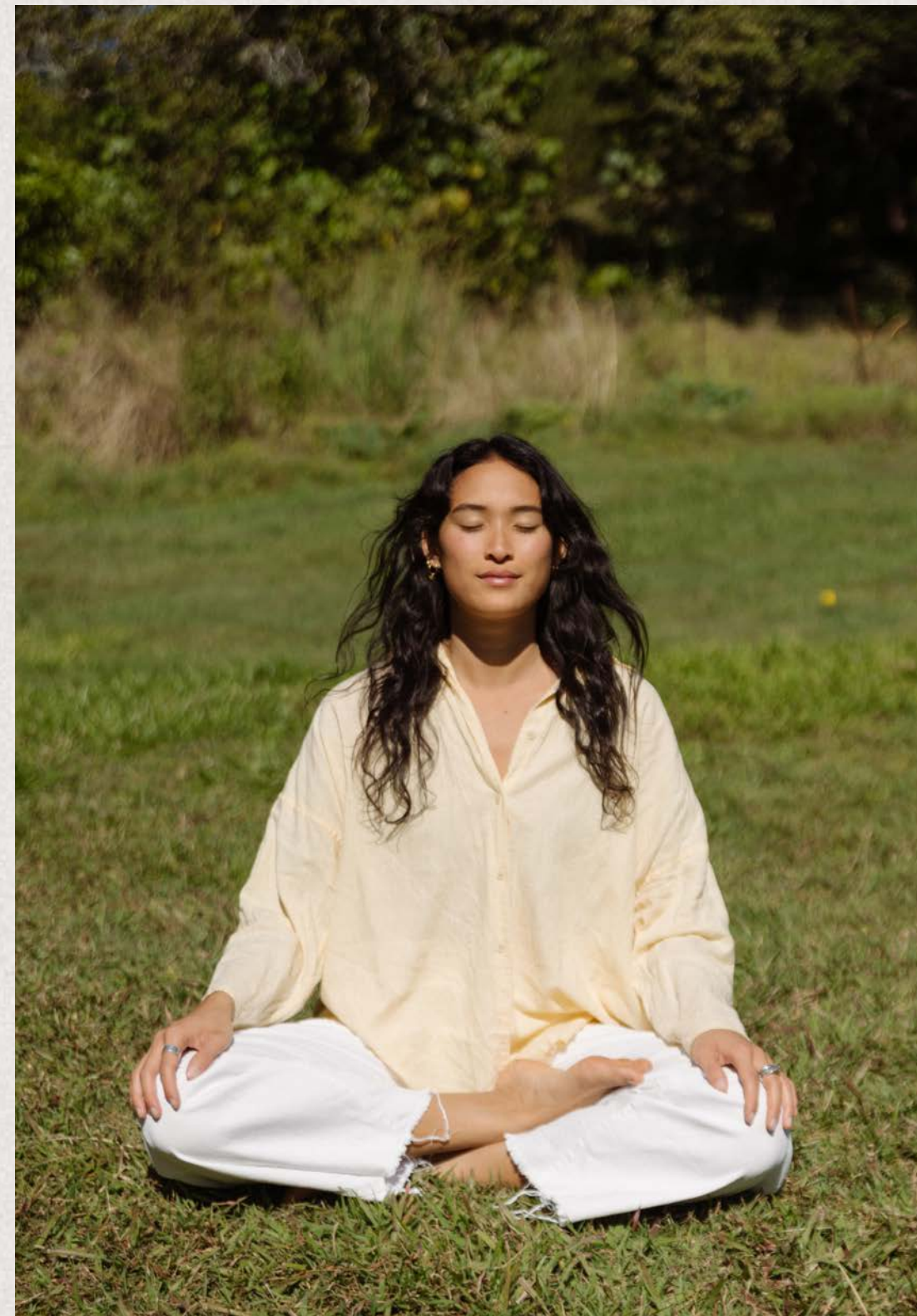
Allow yourself as much sleep as you need too.

Ancient Chinese medicine practitioners advise that in winter you should 'Go to rest early and rise late. You must wait for the sun to shine.'

Turn your attention inward

Being a home body doesn't mean you need to be a complete hermit though - winter is a great time for intimate get-togethers at home with your loved ones.

Other ways you can harness this internal focus over winter include making time for journaling, meditation and similarly contemplative activities.





What to eat in winter

The kidneys are considered especially sensitive during winter in TCM, and since they're also the source of all the body's yin and yang, this is an extra important time to take care of them by eating plenty of kidney-nourishing foods.

Your diet should be meals that are hearty, warm and nutritious, particularly those that are cooked slowly and have warming properties, like stews, soups, casseroles and congee (rice porridge).

Choose from ingredients like those below to nourish your kidneys, yin and yang:

- Small quantities of animal-foods like lamb, beef, pork and shellfish.
- Whole grains like brown rice, barley and millet.
- Nuts and seeds, including black sesame seeds and chestnuts.

- Root vegetables such as beetroot, sweet potato, parsnip and carrots.
- Legumes, including kidney beans, mung beans and adzuki beans.
- Pungent vegetables such as ginger, onion, garlic and leeks.
- Warming herbs and spices like ginger, cinnamon and cloves (check out our warming chai tea recipe on page 32 which contains all these and more).
- Black-coloured foods, like dates, wood-ear mushroom and eggplant are also traditionally considered supportive of the kidneys in TCM.

Reduce your intake of refrigerated drinks and cold foods like ice cream, salads and raw vegetables, as they can damage yang energy and promote coldness in the body.

Choose gentle, flowing forms of exercise

Winter is associated with the water element in TCM, so when it comes to exercise, think about ways you can incorporate the water element into your movement.

Since it's important that you stay warm, that doesn't mean we're suggesting that you force yourself to take a brisk dip in the ocean! Instead, if you live near the beach, a gentle stroll on a sunny day will do just fine.

Think about forms of movement that have some fluidity too, like qigong, yoga, tai chi and dancing.





Herbs

to support
immune defence



Easy ways to support your immune fitness with herbs

Supporting your immune fitness is important all year-round, however autumn and winter are a key time to ramp up your healthy winter habits. Both Chinese and Western herbal medicine offer helpful herbs that can boost your immunity and relieve common cold and flu symptoms, based on their traditional use.

Here's an easy, four-phase approach to follow that integrates traditional approaches to supporting immune system health from Chinese and Western herbal medicine.

1. Improve immune defences

Support your immune system with **astragalus**, one of the most important immune herbs in Chinese medicine, where it's traditionally taken to enhance immune defences and help reduce the frequency of common colds.

Astragalus is also traditionally used in Western herbal medicine, where it's taken to stimulate healthy immune system responses and support the immune system in fighting illness.

2. Relieve cold and flu symptoms

If a common cold or flu hits, consider **andrographis** to reduce symptoms including cough, runny nose, mild fever, sore throat, tiredness and disturbed sleep.

Meanwhile, in Western herbal medicine, echinacea is traditionally used to support the immune system when fighting illnesses like common colds, to relieve common cold symptoms, and decrease their duration.

3. Ease coughing and support healthy lung function

If your cold includes a cough, consider **Chinese licorice**, traditionally used to relieve coughs associated with common colds and flu in Chinese medicine.

Elecampane is traditionally taken to relieve mild bronchial coughs and support healthy lung function in Western herbal medicine. Chinese licorice is also traditionally used to relieve a sore throat, and to relieve coughs with excess phlegm in Chinese medicine.

4. Relieve tiredness

If you're feeling tired following a bout of the common cold and flu, consider trying **reishi mushroom**, traditionally taken to enhance immunity and relieve tiredness in Chinese medicine. Astragalus can also be helpful here as it increases vitality and also help the body cope with stress, according to traditional use in Chinese medicine.





Astragalus

Astragalus is a herb that's been used in TCM for at least 1800 years. The root of the species called *Astragalus membranaceus* is predominantly used in Chinese medicine.

Astragalus: traditional Chinese immune tonic

Astragalus root is traditionally used to improve immunity in TCM. For example, it's traditionally taken to help reduce the frequency of common colds.

Astragalus and qi

From the perspective of TCM, the traditionally prized benefits of astragalus for promoting immunity are an extension of its actions as a qi tonic. Qi, pronounced 'chee', is the word used to describe the life force energy that powers all aspects of life – including our physical, mental and emotional functioning. One specific form of qi is called defensive qi.

In TCM defensive qi is traditionally understood to circulate just beneath the exterior surface of the body, where it acts as a kind of shield that reduces the likelihood that factors like cold and wind can enter the body and cause illnesses like common colds.

Astragalus is traditionally used to strengthen qi in TCM, and to act as a restorative tonic that replenishes qi when it's been depleted. In TCM it's also understood to have supportive effects on defensive qi, which it exerts by helping to stabilise the exterior surface of the body.

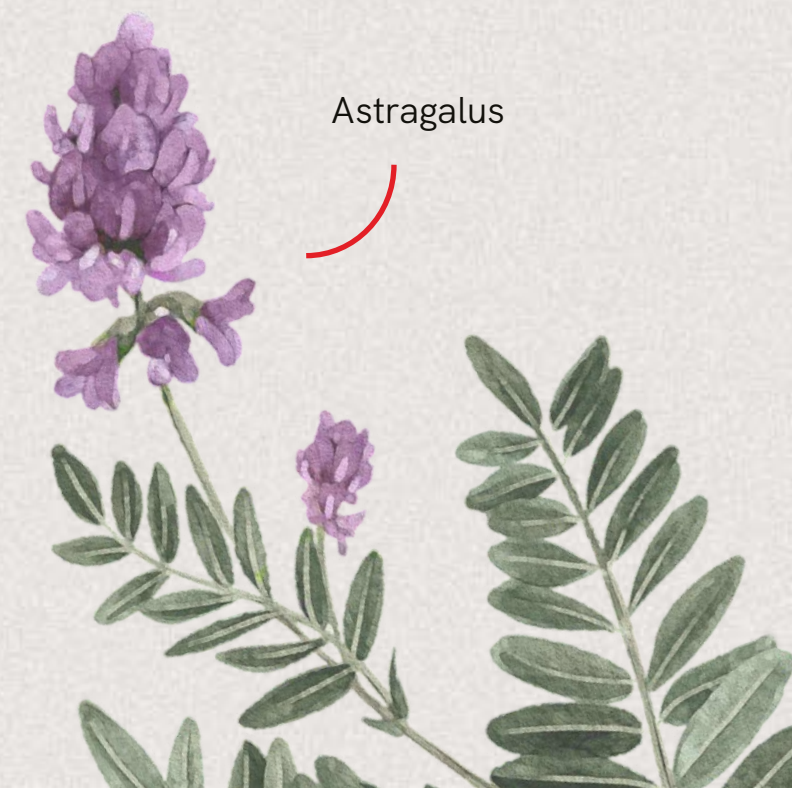
As a result, astragalus root is traditionally taken in TCM not only to enhance immune defences, but also to increase vitality and help the body to cope during times of stress.

Traditional uses of astragalus root in Western herbal medicine

In addition to its widespread use in TCM, astragalus has been used in Western herbal medicine since the 1800s, where it's traditionally taken to enhance immune defences and improve the functioning of the immune system (for example to stimulate healthy immune system responses) and to support the immune system in fighting against illness.

What other herbs can astragalus root be used with?

In TCM, astragalus is rarely used alone, and instead is typically taken in combination with other herbs. An example might be reishi mushroom, which is traditionally used in TCM to enhance immunity and relieve fatigue and general feelings of being run down. Other herbs that astragalus is often combined within TCM include Chinese licorice, codonopsis, white atractylodes and fang feng.





Ashwagandha

Ashwagandha is one of the most prized herbs of Ayurvedic medicine and its use can be traced back to 6000 BC. The root is the main part of the plant that is used in Ayurvedic medicine as an adaptogen: a herb that supports stress resistance in the body, an important part of building immune fitness.



Ashwagandha

Benefits of ashwagandha

Ashwagandha is used to support the body's ability to cope with stress. In a recent high-level study, ashwagandha extract was found to significantly support the body's ability to adapt to stress over a 60 day period.⁸

The stress-reducing effects might help to explain why ashwagandha is also beneficial in reducing mild anxiety symptoms.

In Western herbal medicine, ashwagandha is one of the most widely used herbs, where it's more often referred to as withania. In the last few years, ashwagandha has quickly become the go-to herbs for relieving stress symptoms and that's certainly what the evidence suggests.⁹

What other herbs can ashwagandha be used with?

Ashwagandha is often paired with other herbs such as polygala, citrus peel, poria mushroom, holy basil and magnolia.

Combining polygala with ashwagandha is a match made in heaven. Polygala is a herb often used in TCM to reduce the symptoms of mild anxiety, including restlessness and irritability. In TCM, shen means mind and spirit - polygala is traditionally known in Chinese medicine to calm shen.



Nutrients

to support
immune fitness



Nutrients to support immune fitness

From zinc, to vitamins C, D and quercetin, there are a variety of nutrients you can incorporate in your day to day to support your immune fitness.



Think zinc for immunity

Zinc is a vital trace mineral that's required for supporting important immune system function, including the activity of immune focussed white blood cells. Ensuring your diet contains foods with zinc is an easy way to support your immune health.

Which foods contain zinc?

Here's a list of some of the best foods to include in your diet for their high zinc levels:

- Lean beef, lamb, pork and poultry
- Oysters, mussels, sardines, mackerel, salmon, crab, lobster, prawns
- Cheese, yoghurt, eggs
- Pecans, cashews, almonds, pumpkin seeds, hemp seeds, chia seeds, flaxseeds
- Wholegrains, wild rice
- Tofu
- Shiitake mushrooms, white button mushrooms, spinach, avocado, asparagus
- Oats, quinoa
- Legumes, including black beans, chickpeas and lentils



Vitamin C supports immune function

As you're probably aware, vitamin C is a nutrient that contributes to the healthy functioning of the immune system. For this purpose it's often taken in combination with zinc. Vitamin C also supports the immune system's actions in fighting illness.

Vitamin C rich foods

There are many foods that contain vitamin C, mainly fresh fruit and vegetables, which you can include in your diet. Some of the richest sources include:

- Broccoli
- Sprouts
- Citrus fruits
- Kiwi fruit
- Berries
- Red, yellow and green capsicum

Both cutting and heating vitamin C-rich foods affects their vitamin C content, so either eat them raw or lightly cooked, or only cut them right before you eat them.



Vitamin D for immunity

Alongside zinc and vitamin C, vitamin D supports healthy immune system function including helping the immune system to fight illness.

What foods contain vitamin D?

Here's a small but seriously nutritious range of foods that you can include in your diet to boost your vitamin D levels

- Egg yolks
- Oily fish: sardines, trout, and salmon
- Cod liver oil
- Mushrooms
- Beef liver



Quercetin supports a healthy immune system

The flavonoid quercetin exerts a variety of important therapeutic actions in the body including maintaining healthy immune system function, reducing inflammation and works synergistically with vitamin C as an antioxidant.

Include these high quercetin foods in your diet:

- Apples, berries, cherries, citrus fruits, grapes
- Broccoli, tomatoes, onions, leeks, shallots, kale, garlic, rocket, green and red lettuce
- Black and green tea, red wine
- Herbs like parsley and sage



Foods



for immune
fitness



Foods for immune fitness

Last but certainly not least, a healthy diet is the cornerstone of immune fitness. Warming foods are a must from a TCM perspective, plus it's also important to eat an array of fruits, vegetables and wholegrains to provide a variety of immune boosting nutrients, antioxidants and flavonoids for optimal immune fitness. Give these tried and tested recipes a go.

Cherry and rose flourless chocolate cake

This delicious gluten-free chocolate cake will boost your mood – which we know is important for all-round immune fitness. Treat yourself, in moderation!

Cake ingredients

- 150g dark chocolate, roughly chopped
- 150g unsalted butter
- 6 eggs, room temperature
- 3/4 cup coconut sugar
- 1 teaspoon vanilla extract
- 1 teaspoon rosewater or rose hydrosol
- 2 tablespoons cacao powder
- 2/3 cup almond meal
- 3/4 cup pitted cherries

Dark chocolate sauce ingredients

- 250g dark chocolate melts
- 125mL thickened cream
- 1/2 teaspoon vanilla extract

- 1 teaspoon rosewater or rose hydrosol
- 1 cup pitted cherries, lightly mashed
- Thickened cream and cacao powder to serve

Instructions (Serves 10)

1. Preheat the oven to 180 degrees celsius.
2. Grease and line a 20cm deep-sided cake tin with baking paper.
3. Place chopped dark chocolate and butter into a small saucepan, and heat on the stove over a low temperature until melted. Allow to cool.

4. Using a mixer, beat eggs in a large bowl until thick and smooth, then gradually add in the coconut sugar and continue beating until mixed through. Stir in vanilla extract and rosewater.
5. Add cooled chocolate and butter mixture and stir to combine, then fold in cacao powder and almond meal and transfer to prepared cake tin.
6. Drop cherries into the cake mixture, spreading them evenly over the cake.
7. Place the cake in the oven and bake for 45 minutes, or until a skewer inserted comes out clean.
8. While the cake is cooking,

make sauce by placing dark chocolate melts in a saucepan over low heat until melted.

9. Add thickened cream, vanilla extract, rosewater and cherries to dark chocolate and mix well.
10. Once cooked, allow the cake to cool in the tin for 10 minutes, then transfer to a wire rack to cool for a further 20 minutes.
11. Place the cake onto a serving plate and sprinkle with a light layer of cacao powder. Decorate with flowers or additional cherries if you'd like. Serve warm with dark chocolate sauce and thickened cream.

Winter warming porridge

Start the day warm and satisfied with this porridge which includes the added immune supporting benefits of seeds rich in zinc, plus ghee for its omega-3 fatty acids.

Ingredients

- 1 1/2 cups rolled oats (or any other rolled grain or cereal of your choosing)
- 2 tablespoons chia seeds
- 3 1/2 cups water or oat, almond or soy milk
- 1/2 apple, chopped
- 1/2 pear, chopped
- 1/2 teaspoon ground cinnamon
- 3 tablespoons sultanas
- 2 tablespoons honey
- 1 tablespoon ghee
- 1/2 teaspoon vanilla essence
- 1 tablespoon LSA (ground linseed, sunflower seeds and almonds)
- 1 tablespoon sunflower seeds
- Oat, almond or soy milk to serve

Instructions (Serves 2)

1. Place oats, chia seeds, water or oat/almond/soy milk, apple, pear, cinnamon, sultanas, honey, ghee and vanilla essence into a medium sized pot and stir to mix.
2. Bring to the boil on a high heat, then reduce temperature and cook on medium heat for 5-6 minutes, or until the fruit and oats are tender. Stir regularly.
3. Mix in LSA and then serve porridge into bowls. Top with sunflower seeds, a sprinkling of cinnamon and oat/almond/soy milk.



Dark chocolate-orange bark with almonds

Looking for an excuse to eat more dark chocolate? Strengthen your immune defences with the antioxidants found in cacao which makes up dark chocolate.

Ingredients

- 500g of your favourite dark chocolate
- 1 cup slivered almonds
- 1/2 cup dried oranges, roughly chopped (if you can't find dried oranges in store, you can always dry them yourself in the oven)

Instructions

1. Preheat the oven to 150 degrees celsius.
2. Place the slivered almonds into a baking dish and put them in the oven to roast for 15 minutes or until golden. Stir occasionally.
3. Place the chocolate into a medium-sized saucepan and heat on low until the chocolate melts, stirring regularly to ensure the chocolate doesn't stick to the bottom of the pan.
4. Line a large baking dish with baking paper.
5. Slowly pour the chocolate into the baking dish and then level out with a spatula.
6. Sprinkle the almonds and then orange pieces evenly over the chocolate, pushing down lightly with the heel of your hand to embed lightly into the surface of the chocolate.
7. Let the chocolate sit in the fridge for 30 minutes to harden, or on the bench for 2-4 hours.
8. Once completely hard, break or cut into rough pieces and enjoy as a delicious dessert or special treat.



Easy pickled beetroot

Try this super easy pickled beetroot recipe and give your immune system a boost from the flavonoid and vitamin C-rich beetroot.

Ingredients

- 1 large, sterilised jar with lid
- 2 large beetroots
- 3/4 cup filtered or spring water
- 1 1/2 cups white wine vinegar
- 3/4 cup raw sugar
- 1 bay leaf
- 1/2 teaspoon peppercorns
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon coriander seeds
- 1/4 teaspoon salt

Instructions

1. Sterilise a clean jar and lid by placing in a large saucepan of boiling water for 10 minutes. Remove from water and place aside to dry on a clean tea towel.
2. Wash beetroot, then place into a saucepan and cover in cold water. Bring to the boil and then cook on a medium heat for 30 minutes, or until tender.
3. Remove beetroot from the saucepan and run under cold water, removing the skin by hand which should come away easily.
4. Cut the beetroot into slices, strips or cubes.
5. Place filtered water, white wine vinegar, raw sugar, all herbs and salt into a saucepan and bring to the boil, then reduce heat and simmer for 5 minutes.
6. Place beetroot into the sterilised jar until the jar is full, then top with vinegar mixture.
7. Close the jar and place into the fridge overnight to be enjoyed from the following day.



Warming chai tea

One of our favourite things about the cooler months of the year is enjoying a good cup of chai full of lots of ginger to warm us up, inside and out.

Ingredients

- 6 cardamom pods
- 10 whole cloves
- 5 star anise
- 2 tsp black peppercorns
- 6 cups spring/filtered water
- 5cm piece fresh ginger, chopped finely
- 2 cinnamon sticks
- 15g / 6 teaspoons / 6 tea bags black tea
- 2 cups milk (your preference of dairy, oat, soy, almond or coconut milk)
- Cinnamon powder to serve

Instructions (Serves 6)

1. Place cardamom pods, cloves, star anise and peppercorns into a mortar and pestle and lightly crush
2. Put the crushed spices into a medium-sized saucepan with the water, ginger, cinnamon sticks and black tea
3. Bring the tea to the boil, then turn off the heat
4. Steep for 10 minutes - or longer if you like your chai extra strong!

5. Add your choice of milk to the pot and bring to a simmer, then turn off the heat
6. Strain the tea straight into your mug of choice, or put into a teapot with an inbuilt strainer

Serving Suggestion: If you have a milk frother, use it to froth up the tea a little. Sprinkle a small pinch of cinnamon on the top for the ultimate cafe feel, then sweeten your tea to your taste with sugar, honey or rice malt.



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