



# STRONG IMMUNITY & HEALTHY TUMMIES

Recipes and remedies for kids to thrive.

---



Kate Barnes  
Holistic Health Coach and Family Mentor  
[www.katebarnes.com.au](http://www.katebarnes.com.au)

This mini ebook gives a 'Taste' of the full ebook.

## **RECIPES AND REMEDIES**

A heart warming power porridge  
Home made chicken stock  
Easy home made ghee  
A magical miso soup  
Indian lentil soup  
Simple crunchy seed crackers  
Avocado, garlic or ginger and lemon dip  
Applekraut  
Quick and easy carrot and ginger pickle

## **SOMETHING SWEET**

Coconut ice zesters  
Joy jubes  
Home made marshmallows

## **DRINKS AND SMOOTHIES**

Immuni-tea  
Healing spice tea  
A superhero smoothie  
King kefir

## **MORE REMEDIES**

Garlic ear oil

The complete ebook includes 30 pages of tips and all the recipes above.



## IMMUNITY AND GUT HEALTH

Immunity and the gut are closely linked with 70 – 80% of our immune tissue situated in the digestive tract. If immunity is low, it's highly likely the gut (digestive system) requires healing.

Our digestive system affects not only our immune system, it is the terrain that nourishes our whole body.

**90%**  
of our serotonin  
is made in the gut

This is demonstrated with two important statistics:

- 90% of our serotonin (happy hormone) is made in the gut.
- 400x more melatonin (sleep hormone) lies in the gut than in the brain.. Source <https://www.ncbi.nlm.nih.gov/pmc/articles>

If our digestive system isn't functioning efficiently, it's not only our immune system that's affected,, our mood, quality of sleep and so much more can be impacted. Every part and system of our body is intimately connected. It's difficult to treat one area or part of the body without affecting other areas or indeed, the whole body.

In 460 – 370 B.C. Hippocrates, the ancient greek physician, famously said,

'All disease begins in the gut'. However - what predisposes the gut to be susceptible to disease in the first place?

The food we eat. Actually, it's the food we absorb, and what our gut and our microbiome is exposed to.

**400x**  
more melatonin  
lies in the gut  
than the brain.

## OUR MICROBIOME TO THE RESCUE.

The health of our gut is influenced greatly by the health of our microbial population i.e. our bugs. Both the diversity of our bugs and their number. The greater the diversity and strength in numbers of our bugs, the healthier we are.

The microbiome is our personal army of microbes (bugs). Over time, as we have evolved, our bodies have enjoyed a perfect symbiotic (mutually beneficial) relationship with these bugs. When we have a healthy army of good bugs, we metabolise food better, detox toxins better, we enjoy stronger immune system and much more.

A healthy microbiome (gut flora):

- Eliminates toxins (detoxification and elimination)
- Helps digest food and supports colon and gut health
- Supports our immunity
- Has an anti-inflammatory function
- Supports brain health (nervous and neurological)
- Supports metabolic health (metabolism, blood sugars, weight)

Again, the importance of the microbiome is widespread and not singular in its function. As shown above, its residence in the gut has an impact on every major system in the body.

## CLUES OUR GUT AND DIGESTION ARE GOING WELL.

Good digestion i.e. regular bowel movements every day, ideally after an hour on waking, 1 – 3 times a day, no bloating, gas or belching.

- ✓ Good oral health i.e. no fillings, well formed teeth and oral cavity.
- ✓ Steady stable energy all day. No blood sugar swings or crashes.
- ✓ Good weight.
- ✓ Good mood. Not irritable, moody, anxious. Joyful.
- ✓ Clear skin.
- ✓ Clear eyes.
- ✓ Deep, restful sleep. Waking up fresh and energised for the day.



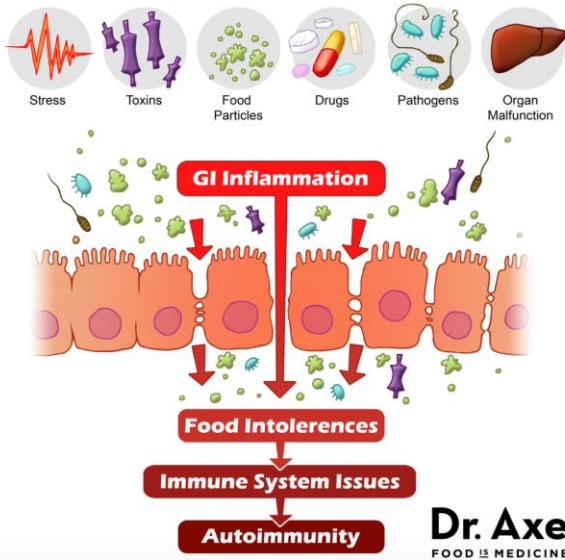
## CLUES TO AN UNHEALTHY DIGESTION OR MALABSORPTION CONCERNS.

- Digestive issues e.g. bloating, constipation, irritable bowel, gas, diarrhea, cramping etc. low stomach acid.
- Nutritional deficiencies e.g. low iron, low b vitamins, vitamin d, zinc or magnesium. From poor diet or malabsorption of nutrients (explained further on).
- Poor immunity e.g. sick two or three times a year, depending on the age. Seems to catch everything going around.
- Neurological e.g. Headaches, brain fog, lethargy, poor memory, inability to concentrate, disorientation, lack of focus, ADD, ADHD.
- Low (or high) energy.
- Hormonal imbalances e.g. thyroid or hashimotos.
- Autoimmune disease e.g. allergies, asthma, hay fever, eczema etc.
- Mood issues e.g. anxiety, moody, irritable or depressive.
- Skin issues, itching, acne, fungal infections, athlete's foot or toenail fungus.
- Food allergies, sensitivities or intolerance.
- Sugar and refined carbohydrate cravings.
- Poor oral health.
- Sensitivities to chemicals and perfumes.
- Muscle and joint pain.
- A nasal drip.
- Under or overweight. Unable to attain an ideal weight.

With many of these 'clues' also relating to a 'leaky gut' or gut impermeability.

## IS IT LEAKY GUT? A LINK BETWEEN THE GUT AND IMMUNITY.

### Leaky Gut Progression



Leaky gut is a condition where the lining of the small intestine becomes damaged. This causes undigested food particles, toxic waste products and bacteria to "leak" through the intestines and into the blood stream. It can be a primary cause of food malabsorption, low immunity, autoimmunity and digestive issues.

### FOR EXAMPLE:

- **64 Million Americans** suffer digestive issues (1 in 5). **319M total.**
- **24-50 Million (1 in 13) Americans** have an autoimmune condition.

*I was unable to find the statistics in Australia unfortunately.*

**Testing:** The most common test for a leaky gut is the lactulose / mannitol test. A simple urine test.

Perhaps you know already if you or your children aren't absorbing efficiently or have some intestinal impermeability (leaky gut). Testing can add up and be expensive. As Chris Kresser says, something to consider 'Will the test result change the outcome of the treatment'?

As shown below there are a number of food, environmental and lifestyle factors that we are commonly exposed to and affect gut health.

### 18 common inflammatory and irritating factors affecting gut health.

1. High sugar diet and / or processed foods
2. Gluten
3. Conventional dairy
4. Treated tap water
5. Microbiome imbalance (GI infections) parasites, fungal, viral or bacterial overgrowth (SIBO)
6. Chemicals and toxins in our environment, in our food and inherited
7. Lack of nutrients, real food
8. Lack of fibre
9. Stress, physical and emotional
10. Medications, antibiotics (including those in food) and contraception
11. Low stomach acid
12. GMO foods
13. Our mothers microbiome, our birth and start in life
14. Lack of movement
15. Inferior and nutrient bankrupt animal products
16. Less time outdoors
17. Heavy metals
18. Thoughts and belief patterns

And there's bound to be more.

Now for the good news!

With the right fuel (food) and tools (supplements, lifestyle factors) the gut can heal and the younger we are the sooner and more easily it can happen.



Kate Barnes

# The Recipes



# A Heart Warming Power Porridge

**SERVES:** 4-6, **PREPARATION:** 5 minutes, **COOKING:** 15 – 25 minutes, depending on the grain.



## Ingredients:

- 2 cups of an organic grain of your choice e.g. quinoa, buckwheat or whole oat groats (seed) covered and soaked overnight in filtered water with a teaspoon of apple cider vinegar, salt or whey.
- 2 cups of filtered water or bone stock for cooking
- 2 eggs whisked
- 1 Tbsp of healthy fats e.g. organic butter, coconut oil or fresh organic cream
- 1 – 2 tsp of cinnamon powder
- 1 apple, grated
- 1 Tbsp of raw, unfiltered honey (optional)
- 2 Tbsp psyllium husks either stirred into the porridge or sprinkled on the top (if stirred into the porridge, it will thicken the mixture).

## For serving:

- seasonal fruit of choice
- organic coconut, sheep or goats milk yoghurt
- nut milk or milk of choice (optional)

## Directions:

1. place the soaked grains into a saucepan with the 2 cups of liquid and a pinch of himalayan or celtic sea salt
2. bring to the boil then simmer until cooked through and the porridge is at the preferred consistency e.g. quinoa takes about 12 – 15 minutes, buckwheat approx. 15 minutes, oat groats approx. 25 - 30 minutes.
3. When the grain is cooked through turn off the heat and stir in the remaining ingredients, except the topping ingredients. Mix well.
4. Serve into bowls and top with yoghurt and seasonal fruit.

## Notes

- If you've got fussy eaters, or kids who don't like eggs, don't worry, they won't know there's egg in their porridge. It blends in perfectly.
- Make it a savoury porridge using a bone stock in place of water (or a mix of both).
- Add a small handful of freshly chopped greens and herbs in at the end of the cooking to wilt and stir in.
- Add chopped nuts e.g. almonds, cashews, brazil nuts, walnuts and seeds e.g. sunflower or pepitas to serve.
- Add 1 tsp of vanilla at the same time as the cinnamon.



# A Healing Chicken Stock

(or for a beef or lamb stock refer to the notes section)

**QTY:** makes about 1-2 litres (depending on simmering time)

## Ingredients

- 1 onion with peel and cut into quarters
- 3 sticks carrot roughly chopped
- 3 sticks celery roughly chopped
- Big bunch of parsley
- Other herbs eg 3 sage leaves, 4 bay leaves, 8 - 10 thyme sprigs, 3 sprigs rosemary
- 1 lemon cut into wedges
- 4 or 5 cloves of garlic unpeeled
- 2cm wedge of fresh ginger root and / or turmeric root
- 4 or 5 dried shitake mushrooms
- 1 – 2 Tbsp wakame or dulse (seaweeds)
- Salt & pepper
- Whole chicken (organic preferably) or use 2 or 3 chicken marylands
- Filtered water
- 1 Tbsp apple cider vinegar or 2 Tbsp white wine



## Directions

1. Put all ingredients into the stock pot.
2. Add enough water to barely cover the bird.
3. Simmer over medium heat, without boiling, for about 45 mins to 1 hour until meat is cooked.
4. Skim off any scum that comes to the surface.
5. Carefully remove bird into a large bowl, (if using carcass or wings disregard this step)
6. Cut off the meat and place in another bowl.
7. Return the carcass to the stock and tip any remaining juices onto the meat.
8. Cover the meat with the juices, use some from the stock if need be.
9. Cover meat with a tea towel until cool and then refrigerate for later use.
10. Gently simmer the stock for another 2 – 4 hours, and then a more rapid bowl for 20 mins to reduce the stock (if you prefer).
11. Strain the stock discarding the solids.
12. Place the stock in the fridge to cool and then freeze in glass jars if desired.

## Notes

- If you roast a chook, use the remaining carcass to make stock.
- Any bones can be used.
- Follow the same recipe above to make a beef stock using stock or marrow bones (and without the step of having to cut off the meat.) Pop all the ingredients in together and let it simmer away.

# Indian Lentil Soup

**SERVES:** 4-6, **PREPARATION:** 5 minutes, **COOKING:** 15 – 25 minutes, depending on the grain.



## Ingredients:

- olive oil or ghee
  - 1 brown onion
  - 3 cloves of garlic
  - 1 tbsp fresh ginger
  - 2 – 3 cups japanese or butternut pumpkin
  - 2 large or 3 medium sized carrots
  - 200 gms red or yellow lentils
  - 1L (4 cups) bone or vegetable stock
  - 1 handful fresh tomatoes
- 1 tbsp dulse flakes (optional)
  - 1 tbsp mild curry powder (or use ½ tsp if for children)
  - 1 tsp turmeric
  - 1 tsp cinnamon
  - good pinch of himalayan or celtic sea salt
  - ¼ cup basil and / or parsley to serve
  - 1 Tbsp pumpkin seeds (pepitas – optional)

## Directions:

1. Chop the vegetables into small chunks.
2. Heat the oil or ghee on low – medium in a medium sized pot.
3. Add onion, garlic, ginger and spices i.e. curry powder, turmeric, cinnamon and salt.
4. After about 1 minute add the potatoes, carrots, lentils (and dulse if using), stir it around another minute before adding the stock.
5. Leave to boil on medium heat for 30 minutes, stir occasionally, taste the soup and add more salt and spices if need be.
6. Add the tomatoes and let it simmer for 5-10 minutes.
7. The soup is done when the lentils are dissolved and well cooked.
8. Either serve as is or blend on high until a smooth consistency is reached.
9. Serve with a fresh grind of salt, fresh basil and/or parsley and pepitas (pumpkin seeds) sprinkled on the top. Enjoy!

## Notes

- If you've made it for the whole family and you like it spicier add more curry powder.
- If dairy tolerant, add approx. 1 Tbsp of organic cream to the childrens' as it's served.
- I've also added 1 cup of coconut milk as part of the stock, which adds another element of creaminess.

# Joy Jubes

**SERVES:** approximately 15 small jubes, **PREPARATION:** 5-10 minutes



## Ingredients:

- 1/3 cup of strained lemon juice (or if everyone is feeling well use apple or pear juice and no added sweetener)
- 1 – 3 tbsp sweetener of choice if not using juice (honey, brown rice syrup, coconut nectar) if sick 1 tbsp of raw honey
- 1 ½ Tbsp of powdered gelatin, (grass fed)
- optional: for colour 1 tsp beetroot powder or ¼ tsp turmeric powder if using lemon juice as juice.

## Directions:

1. Place all ingredients into a saucepan. Cook on low heat, stir constantly until mixture is smooth and all lumps have disappeared (about 5 minutes).
2. Place immediately into ice cube trays, or chocolate molds and place in the freezer for about fifteen minutes or the fridge for about an hour
3. Once they've set remove them from the molds and place in a jar for storage in the fridge.

## Notes

- Use coconut milk or cream in place of juice for healthy fats and a creamier, coconut flavour.
- They will keep for a few weeks at room temperature (if they last)!
- For a special occasion or great to have on hand to substitute for lollies, little kids and big kids alike.



# Home Made Marshmallows



**PREPARATION:** 20 minutes

## Ingredients:

- 4 Tbsps of grass fed, preferably organic gelatin powder.
- 1 cup of filtered water
- 1 Tbsp of Marshmallow Root (optional)
- 3/4 cup raw, unfiltered honey
- 1 tsp vanilla or other flavor optionals (mint extract, lemon, cocoa powder, etc)
- Optional: 4 capsules of probiotics. Shelf stable recommended.

## Directions:

1. Optional Step: Combine 1 cup of warm water with the 1 tablespoon of Marshmallow Root and let sit for 5 minutes (or as long as overnight in the fridge), Stir well and strain. Make sure that the liquid makes a whole cup.
2. Pour ½ cup of water (marshmallow mix if you used it) into the metal bowl or mixer bowl and add the gelatin. Whisk slightly to incorporate and let sit.
3. Pour the other ½ cup of water and honey into the small saucepan.
4. Slowly bring the water and honey mixture to a boil. Keep boiling, stirring constantly for 8 minutes.
5. Slowly start pouring the honey/water mixture into the bowl with the gelatin mix (which will be hardened by now).
6. Turn on the mixer or hand mixer and keep on medium as the honey mixture is added.
7. When the honey mix is added, turn the mixer to high and blend with the mixer for another 10-15 minutes or until it forms a stiff cream the consistency of marshmallow cream (it should form gentle peaks).
8. Add the probiotics and any flavor ingredients for the last 2 minutes of mixing (except cocoa powder which can be added to the honey mix in the saucepan).
9. Grease a loaf tin or square baking dish approx. 19cm x 20cm with coconut oil or line with baking paper.
10. When marshmallows are whipped, pour into the lined/greased dish and smooth evenly.
11. Let sit at least 4 hours (overnight is better).
12. Flip on to a cutting board and cut with a sharp knife. You could also cut into shapes with a cookie cutter (although you'll waste a lot of marshmallow)!
13. Store in an airtight container. Delicious!

## Notes

Do NOT store in the fridge as they will melt. Store in an airtight container at room temperature. The probiotics will decrease the shelf life to 3-4 days. Without the probiotics, these will last 2-3 weeks on the counter.

Recipe inspiration from <http://wellnessmama.com>

# A Superhero Smoothie

**PREPARATION:** 5 minutes, **SERVES:** 2



## Ingredients

- 1 apple or pear (or fruit in season)
- 2 handfuls of washed english spinach leaves
- 1 teaspoon coconut oil
- 1 – 2 Tbsp gelatin powder or ½ cup bone stock
- ½ cup of ice (if they like)
- 3 cups of water

## Directions

- Place ingredients in blender or Thermomix. If you sense some resistance get the kids to choose some of the ingredients!

## When family members are sick

- Keep the smoothie simple.
- The basis: A handful of spinach (for green) and water or coconut water for minerals and electrolytes if needed.
- For sweetness (if not using coconut water): Add in an apple or pear and a wedge of lemon with the rind
- For healing: 1 or 2 garlic cloves and/or ½cm wedge of ginger and / or turmeric root, 1 tsp gubinge powder for vitamin C.
- Blend altogether to a smooth consistency

## Notes

- More sustaining: a handful of almonds or chia seeds or oats, tsp of spirulina, E3 live, or a raw egg at the end.
- If your kids are seasoned smoothie drinkers, in place of 1 cup of english spinach add in 1 cup of bitter greens e.g. dandelion greens from the garden, kale or bok choy, mixed with fresh herbs e.g. basil, coriander or parsley.
- For chocolate leave out the herbs and add 1 Tbsp cacao + ½ cup organic berries.
- For a pink or purple smoothie leave out the greens and cacao and use coconut yoghurt (sugarfree) with raspberries or blueberries as the base.
- The coconut oil helps with the absorption of vitamins & minerals and fighting infection.



## About Kate

After working as an executive in professional services, Kate started her global business as a Certified Holistic Health Coach over 13 years ago. She has a Bachelor of Science and a Post Graduate Diploma in Business.

With over 7 years experience working specifically with families and their health challenges including allergies, mental health concerns, fussy eating, weight management and so on, Kate has successfully enriched the lives of countless families.

Kate has taken her extensive experience to develop a comprehensive coaching philosophy that will transform your health – for life - literally. ‘Being healthy is your natural state’ is Kate’s ethos. Simple, life changing & fun’.

“Eating nourishing foods, making empowered choices, not only changes the mind but your body too. Prevention is the cure. Our health is in our own hands - it’s our choice.”

*Kate Barnes*

## How you can work with Kate:

- one on one transformative coaching and mentoring.
- her signature online e-courses, ‘A gentle cleanse with Kate’ her leading nutrition and detoxification programs for busy women. And ‘Our Happy Children’ her ground breaking nutrition and education program for lifelong healthy families.
- Live workshops.
- pantry overhauls and
- guest speaking engagements.

Kate loves sharing her message of taking our health back into our own hands, and that prevention really is the cure, increasing awareness about the best nutritional choices and clearing the many confusing messages, she motivates and inspires people to take action and live their best lives.



# STRONG IMMUNITY & HEALTHY TUMMIES

**LOVED WHAT YOU LEARNED?**

Stay connected. Visit [www.katebarnes.com.au](http://www.katebarnes.com.au)

---

**SIGN UP FOR MY REGULAR NEWSLETTER**

with nourishing recipes and tips at [www.katebarnes.com.au](http://www.katebarnes.com.au)

---

**LIKE MY PAGE**

For loads of daily inspiration, healthy tips and more recipes.  
<https://www.facebook.com/KateBarnesHealthCoaching>.  
Or [https://www.instagram.com/kate\\_barnes\\_health\\_coaching/](https://www.instagram.com/kate_barnes_health_coaching/)