

# Immunity boosters at home

## Leeks

Leeks contain saponins and flavonoids which support the immune system and the maintenance of the cholesterol levels in the body. The sulphur compounds and components found in leeks bring on the production of enzymes that help detoxify the liver.

Leeks have excellent amounts of quercetin, believed not just to stimulate our body's immunity to infection, but also defend it from oxidation. The same sul-

fur compound is also known to help in maintaining the body's blood sugar level. They are a source of Vitamin C which facilitates the repair of body tissues and other essential functions. This herb has antibacterial properties that block inflammation and also inhibit the growth of tumors.

Studies have shown leeks could help protect the digestive system from stomach and gastric cancers.

They are low in calories and high in vitamins and minerals.

One cup contains more than 30 per cent of the daily value of vitamins A and K, and about 15 per cent of the daily recommended folate and manganese intakes that maintain

healthy skin, teeth, eyes and decrease the risk for heart disease.

