

# How to Boost Your Immune Health



LEARN THE BEST FOODS,  
SUPPLEMENTS, AND  
ACTIVITIES THAT  
STRENGTHEN YOUR  
IMMUNE SYSTEM



# EATING FOR IMMUNITY

## Top Immune-Boosting Foods

How do you eat for immunity? For starters, steer clear of added sugar and increase fresh, organic fruits and vegetables. Try adding some of these immune-boosting foods!



### Turmeric

Turmeric is a powerhouse for immunity. It contains curcumin, a compound with potent anti-inflammatory properties. When cooking with turmeric, *always* include a pinch of pepper. This can increase curcumin absorption by up to 2,000%!



### Garlic

This pungent bulb has been revered for centuries for its immune-boosting properties. Garlic contains allicin, a compound that helps your body fend off harmful viruses. Studies show that eating garlic regularly can reduce the risk of getting a cold or flu.



### Ginger

Many turn to ginger for an upset tummy. But this spicy root has immune-boosting benefits as well. Ginger contains gingerol, a compound with strong anti-inflammatory effects. Try making a cup of ginger tea the next time your immune system could use a boost.



### Vitamin C rich foods

Vitamin C is a potent antioxidant that protects your immune cells from harmful free radicals.

Foods rich in vitamin C include:

- citrus fruits
- broccoli
- bell peppers
- strawberries
- kale
- tomatoes



### Green tea

Green tea is loaded with antioxidants, the main one being EGCG, which protects cells from damage. Some studies show green tea has antibacterial properties.



### Fermented foods

Did you know 70-80% of your immune system lives in your gut? Eating fermented foods such as sauerkraut, yogurt, and kombucha support your healthy gut bacteria, to keep your immune system strong.



### Bone broth

Our gut lining gets damaged through processed foods, glyphosate and more, wreaking havoc on your immune system. Bone broth is packed with vitamins, minerals, and amino acids to support a healthy gut barrier.



### Berries

Berries are rich in flavonoids, a type of antioxidant that reduces cell damage and boosts your immune system. They also pack a powerful punch of vitamin C.

# THE BEST SUPPLEMENTS

## To Support Immune Health

Build your immunity tool kit with these immune-boosting herbs and supplements:



### **Elderberry**

Elderberry has been used as a natural remedy for colds and flu for ages. Research shows it can reduce respiratory symptoms from viral infections. You can get a dose of elderberry via capsules, liquid, gummies, or even lozenges.

### **Elderberry**



### **Vitamin D**

Vitamin D is a critical part of the immune system and should be taken in through food and the sun. Up your Vitamin D(3) with cod liver oil, eggs, animal fats, organ meats and 20 minutes of daily sunlight.



### **Magnesium**

Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal nerve and muscle function and supports a healthy immune system. Found in avocados, pumpkin seeds, almonds, spinach.

### **Mineral Essence** **MegaCal**



### **Probiotics**

Taking a daily probiotic supplies your body with good bacteria, helping to keep any bad bacteria in check. Fermented foods or supplementation are excellent ways to create a healthy balance to your gut microbiome.

### **Megaspore** **Digestive Support**



### **Zinc**

This mineral helps your body produce immune cells and has antiviral properties. What's more, it's shown to reduce the duration of colds.

### **Zinc** **ImmuPro**



### **Antioxidants**

Wolfberry provides ample antioxidants to strengthen the immune system, increases white blood cell count and protects against free radicals.

### **Ningxia Red**



### **Essential Oils**

Applying and diffusing top quality essential oils oxygenate cells, help detox the body and boost the immune system as well as bringing sinus and respiratory support.

### **Essential Oils**



### **Echinacea**

Also known as purple coneflower, this herb is a popular natural remedy for colds and flu. One study showed that echinacea may lower the risk of catching a cold by 50%!

### **Echinacea**



# DAILY RITUALS

## To Boost Your Immune Health



### Detox Bath

A detox bath is one of the best ways to help boost the body's detoxification system. It not only helps rid the body of chemicals and heavy metals, but also provides minerals like magnesium and sulfates that help reduce inflammation and increase immune function. Add 1 cup baking soda, 1 cup Epsom salts and your favorite immune boosting essential oils. Soak for 40 minutes. Drink plenty of filtered or distilled water after.



### Get Outside

Time in nature isn't just relaxing, it's powerful medicine. Research shows spending time outdoors lowers inflammation and increases natural killer cells -- immune cells that fend off viruses. Plus, if it's a sunny day, you'll get a free dose of vitamin D, a hormone that is critical for immune health.



### Take a Cold Shower

Cold water therapy's all the rage now and for good reason! Cold exposure stimulates your white blood cells, improves circulation, and reduces inflammation. And you *don't* have to go to extremes to see the benefits. Even switching to cold water for the last minute or two of your shower can be enough to give you an immune boost.



### Stay hydrated

Keeping your body well hydrated helps your detox organs flush out wastes, bacteria, and toxins. So keep a water bottle handy wherever you go. Aim to drink 2 liters of highly filtered or distilled water each day.



### Exercise

Getting regular exercise is a must for immunity. It eases stress, boosts your mood, and increases circulation. Just don't overdo it, as intense exercise can suppress immunity.



### Get a good night's sleep

Research shows that people who don't get enough sleep are more likely to get sick. Practice good sleep habits by shutting down by 9:30 and sleeping by 10:00 to get 7-8 hours of sleep each night.