

NATURAL WAYS TO BOOST YOUR IMMUNE SYSTEM

Food:

- **Citrus** fruit has loads of vitamin C and increases the production of white blood cells. Grapefruit, tangerines, oranges, lemons and limes are all good choices.
- But **red bell pepper** has 3x the vitamin C of an orange!
- **Broccoli** has vitamins A, C and E, as well as fiber and many antioxidants.
- **Garlic** fights infections and boosts immunity.
- **Ginger** decreases inflammation, helps with chronic pain and has cholesterol-lowering properties.
- **Spinach** has vitamin C, numerous antioxidants and beta carotene, which increase the infection-fighting ability of our immune system.
- **Yogurts** with live and active cultures stimulate the immune system to fight disease.

Bottom line:

Vitamins C, B6 and E are your 3 most important for immunity. Vitamin C is in citrus, bell pepper and broccoli. B6 is in chicken and cold water fish. And vitamin E is in nuts, seeds and spinach.



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Herbs:

- **Elderberry** is antifungal, antibacterial and antimicrobial so it's effective at fighting many different viruses, including the flu. Elderberry is considered safe but don't chug an entire bottle: a teaspoon to tablespoon is plenty. Keep it in the fridge - it's not shelf-stable.
- **Echinacea** is another well-known immune-boosting herb. It works by stimulating the immune system to produce natural killer cells and other sickness fighters.
- **Adaptogens** are therapeutic herbs that support the body in combating and adapting to stress. They're great for anyone who gets sick often, travels often or is under a lot of stress. **Ashwagandha** and **reishi** stimulate your white blood cells. **Holy basil** stimulates the immune system and fights viruses.



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Lifestyle:

- Don't smoke
- Eat a diet high in fruits and vegetables
- Exercise regularly
- Maintain a healthy weight
- If you drink alcohol, drink only in moderation
- Get adequate sleep
- Take steps to avoid infection. such as washing your hands frequently and cooking meats thoroughly
- Try to minimize stress



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Essential Oils:

- **Lavender** reduces stress and induces sleep
- **Peppermint** has antibacterial and antifungal properties
- **Tea tree oil** stimulates the immune system
- **Eucalyptus** is antiviral and antibacterial
- **Lemon** is a powerful antioxidant and works to protect the liver, which plays a large role in immune function
- **Rosemary** is antimicrobial and is useful in fighting respiratory illnesses
- **Oregano** is useful in fighting infection and inflammation
- **Palmarosa** is an immune system stimulant
- **Niaouli** is useful in combating respiratory issues, colds and the flu
- **Clove bud** is a powerful antiseptic that can be used for infections

Add drops of these to a diffuser



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Weird Tricks

- **Eat smelly foods.** General rule? The stinkier it is, the more it will boost your immune system. Load up on garlic and ginger or the popular Chinese herb ginseng.
- Getting a **massage** boosts the immune system
- **Getting outside** and enjoying nature is shown to boost immunity
- **Fermentation!** Healthy probiotics such as kombucha, kefir and yogurt increase the levels of good bacteria in your gut. 70% of your immune system is located in your gut
- Load up on **vitamin D** from sunshine



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