



How to Support Your Immune Health

AS THE TEMPERATURE
BEGINS TO DROP!



EATING FOR IMMUNITY

Top Immune-Boosting Foods

How do you eat for immunity? For starters, steer clear of sugar and load up on plenty of fresh fruits and veggies. And try adding some of these immune-boosting foods into the mix:



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
- capsicum
- strawberries
- tomatoes
- kale



Green tea

Green tea is loaded with antioxidants -- the main one being EGCG, which protects cells from damage. Plus, 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

If your gut lining gets damaged, it can wreak havoc on your immune system. Luckily, bone broth can help. It's 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.

DAILY RITUALS

To Boost Your Immune Health



Morning Immunity Tonic

This tonic is packed with immune-boosting ingredients to keep you strong all day long.

Recipe:

- 1 cup brewed green tea
- 1/4 tsp ground turmeric
- 1/4 tsp ground ginger
- small pinch pepper

Combine all ingredients and whisk until smooth.



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 nutrient critical for immune health.



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 water each day.



Exercise

Getting regular exercise is a goldmine 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. So stick to a regular sleep schedule. Most adults need at least 7-9 hours of sleep every night.

THE BEST SUPPLEMENTS

To Support Immune Health

Talk to your professional Natural healthcare provider about what supplements and dosages might be best for your individual circumstances.



Elderberry

Sambucus nigra, or 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.



Andrographis

Andrographis paniculata contains compounds with antiviral properties. [Evidence](#) reveals that taking Andrographis may reduce cold symptoms and make you less likely to catch a cold in the first place!



Astragalus

Popular in Chinese medicine, *Astragalus membranaceus* is an herb with antioxidant, anti-inflammatory, antiviral and adaptogen properties. Research shows astragalus may help your body produce white blood cells to protect from infections.



Probiotics

Taking the right probiotics for your individual needs can supply your body with good bacteria, helping to keep any bad bacteria in check. If you have to take a course of antibiotics, probiotics are crucial. They help restore a healthy balance to your gut microbiome.



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.



Vitamin C

Research shows taking a vitamin C supplement helps reduce the duration and severity of cold symptoms. Just don't go overboard. Taking too much (over 2,000 mg) may lead to nausea or loose stools.



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%!

This document's content is for educational purposes only and should not be taken as professional health advice.

Before making any changes to your diet and lifestyle, including medications and/or supplements, it is essential that you first consult with your qualified health professional.

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