



# How to Boost Your Immune Health

LEARN THE BEST FOODS,  
SUPPLEMENTS, AND DAILY  
RITUALS TO KEEP YOUR  
IMMUNE SYSTEM IN TIP-TOP  
SHAPE.





# 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
- bell peppers
- 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.



### Take a Cold Shower

Cold water therapy's all the rage now -- 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 a 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 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

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



### Elderberry

Also known as Sambucus, 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.

**Brands:** [Garden of Life](#) & [Sambucol](#)



### Andrographis

An herb used in Ayurveda for centuries, Andrographis 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!

**Brands:** [Standard Process](#)



### Astragalus

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

**Brands:** [Gaia](#)



### Probiotics

Taking a daily probiotic supplies 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.

**Brands:** [Garden of Life](#)



### 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.

**Brands:** [Garden of Life](#)



### Vitamin D

Vitamin D supports immune cells that fight off bacteria and viruses. Research shows that supplementing with vitamin D reduces the risk of respiratory infections.

**Brands:** [Thorne](#)



### 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.

**Brands:** [Thorne](#)



### 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%!

**Brands:** [Gaia](#)