

***"Courage is a door that can only be opened from the inside."***

- Terry Neil

This quote is a great reminder that courage comes from within. No one else can give it to you. As my dad would say, "Courage is an inside job." So remember, if there is something you really want, you must be brave enough to go for it and to go after it. What are you lacking the courage to do? Think about it. Then dig deep, open the door and find the courage that lies within you. If you need help, have the courage to reach out to me.

Yours in health,



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### **How to Boost Your Immune System**



Winter is almost over, which means, thankfully, that warm weather is right around the corner. When the weather is nice, most people don't think about getting sick, but unfortunately, it happens. For many, allergies are inevitable, but so are colds, sore throats and whatever else is going around. So I figured it was a good time to give you some suggestions about how to naturally boost your immune system.

Of course one of the most obvious ways to stay healthy is to keep your hands clean. Soap with warm water is much better than hand sanitizer, but it's not as convenient. Here are a few lesser known ways to build up your immunity and stay healthy.

**Take Vitamin D.** My July 2018 newsletter (*see my website*) provided a ton of info on this super supplement, so I'm not going to say much about it here. But what I will say is that it's a very important nutrient for your overall health and for boosting your immune system. Be sure to take D3 in the recommended dosage to boost your immune system of 1,000 to 5,000 IU per day. Just 20 minutes in the sun really increases your levels so be sure to get outside for a bit every day. Make sure your doctor checks your levels of Vitamin D when you get your annual bloodwork to make sure it's sufficient.

**Take Zinc.** Zinc is a trace element widely thought to reduce the duration of a cold if it's taken early enough. That's why zinc lozenges are so popular. It does help boost the immune system. Without enough zinc in the body, immune cells can't function properly. The recommended dosage is 15-30 mg per day. Be sure to take it with food to help avoid nausea.

**Get plenty of sleep.** If you don't get enough sleep, your immune system is unhappy. When we get enough sleep, our body releases hormones that increase immune function and help repair the damage caused by our stressful lifestyles. If you sleep less than 6 hours per night, you increase your risk of getting sick. Sleeping 8-10 hours per night is ideal, but probably impossible for most people.

**Take a good probiotic.** This will help keep your gut healthy, which can reduce your chances of getting sick. A good probiotic will make sure that you have enough good bacteria in your gastrointestinal system, which will help you stay healthy. Standard Process makes one of the best probiotics, but you can't buy it in the store. I have an account to order most Standard Process products.

**Take Medicinal Mushrooms.** There are a few types of mushrooms known for helping to boost your immune system. One of them, shiitake, is pretty well known. The others, maitake, reishi and cordyceps, not so much. But they all possess some of the most powerful immune-boosting compounds found in nature. In addition, they're safe and have no known side effects. They work by increasing the defense cells in our body without causing any infection or harm, which helps keep us healthy. In other parts of the world, medicinal mushrooms are widely used for many illnesses. They're also used as a cancer treatment because of their ability to help the body target and destroy cancer cells. There's a great deal of research and data on medicinal mushrooms as a treatment for cancer. It's sad they aren't more widely used in our own great country.

**Stop eating sugar.** Sugar is literally one of the worst things for your body, but especially when you're sick. Not only does it offer no nutritional value, but it causes inflammation. This ultimately messes with the flora in your gut, which can make you sick as discussed above. Another thing to keep in mind is that cancer thrives on sugar. Avoid it at all costs, especially when you're sick.

**Eat garlic.** A lot of people don't know that garlic has a ton of immune benefits. They just know it enhances the flavor of food. The reason it's so good for the immune system is because it contains allicin, an organic sulfur compound that has antibacterial, anti-fungal and antioxidant properties. Garlic works from the inside out, which increases your body's ability to fight germs. It does this by encouraging your white blood cells to fight infection.

There's one last immune booster I need to mention. I'm still a huge believer in using food-grade hydrogen peroxide to stay healthy. My son and I made it through the entire winter without getting sick and I truly believe it's because we use it daily. I've written a couple newsletters on this wonderful product, but if you want more information, be sure to contact me.

Have a wonderful and healthy month. Happy Spring!