Natural Ways to Boost the Immune System during the pandemic

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| Instructor Pamela Kosinski Phone 917-831-830 Email Pamela@wellness-mbs.com Office Location Virtual Office Hours By Appointment | Course Overview In this course we will discuss natural ways to boost the immune system through nutrition, vitamins, herbs, supplements, and physical activity. Doing so could help fight off illnesses which is crucial during the Covid-19 Pandemic. Required Text Will be provided the day of class Course Materials  * Non-Needed  Resources Harvard Health. (2021, February 15). *How to boost your immune system*. Harvard Health. Retrieved January 4, 2022, from https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system  Yousfi, N., Bragazzi, N. L., Briki, W., Zmijewski, P., & Chamari, K. (2020, September). *The COVID-19 pandemic: How to maintain a healthy immune system during the lockdown - A multidisciplinary approach with special focus on athletes*. Biology of sport. Retrieved January 4, 2022, from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7433333/ |

# Course Schedule

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| Week | Subject | Practice Problems |
| Week 1 | A Healthy Immune System | We will discuss the importance of a healthy immune system. |
| Week 2 | Ways to naturally boost your immune system | Ways to boost your immune system naturally to help fight off viruses such as Covid-19 |
| Week 3 | Vitamins, Herbs, & Supplements | The benefits of vitamins, herbs, and supplements. |

# Additional Information

During these three weeks, we will virtually discuss how to achieve and maintain a healthy immune system. If you are unable to attend any session, a recording will be posted the following day. The last twenty minutes of each class will be for questions.