

## Simple Tips for Boosting Immune Health

**Disclaimer:** This information is not intended to replace medical advice. Always seek the advice of your physician or other qualified health provider with any questions regarding a medical condition or supplemental program.

This content does not address COVID-19

---

### Vitamin C Foods to Include:

- *Kiwi, citrus fruits, broccoli, brussels sprouts, bell peppers, guava, strawberries.*
- Vitamin C helps increase production of white blood cells. These blood cells look for foreign invaders such as viruses, bacteria, fungi, parasites.

### Zinc Foods to Include:

- *Oysters, red meat, shellfish, legumes, nuts + seeds, eggs*
- Gate keeper of the immune support. Inhibits viral growth. Defends against invaders + protects against an over active immune system response

### Vitamin D Foods to Include:

- *Salmon, cremini mushrooms, pork chops (not a food but, sunshine is an essential source)*
- Top innate immune health regulator. Key in the relationship between gut bacteria and immune health. Modulates immune system in the bowels. Low levels may be due to increased gut permeability.

### Vitamin A Foods to Include:

- *Eggs, dairy, liver, fish.*
- Powerful protector of the body's mucus membranes (which is the body's first line of defense against foreign invaders). Located in nasal passages, eyes, oral cavity, gastro-intestinal tract.

### Support Gut-Immune Axis:

- 75% of our body's immune cells are located in the gut, therefore good digestion is essential for healthy immune function. Friendly bacterial help to modulate immune health.
- Prebiotic foods help feed friendly gut bacterial. They include various forms of fibre such as: *Pectins (apples, pears, guava, oranges, citrus), beta glucans (oats, mushrooms, barley fibre, flax seed) and resistant starches (cooked cold potatoes, which you can reheat, raw, slightly green bananas, rolled oats, frozen green peas, white beans, lentils, pearl barley)*

### Kitchen Helpers

- **Anti-microbials:**
  - Garlic
  - Onion
  - Oregano

### Discourage Pathogens by Building Internal Heat

- Cloves
- Black pepper
- Cayenne - drains nasal passages & congested lungs.
- Ginger - prevents attachment to mucus membranes in airways.

### Stimulate Your Immune System:



- Gently thump the centre of your chest to stimulate your thymus gland (many immune cells are located here).
- Have hot/cold contrast showers (helps move lymph\*)
- Move your body to move lymph (arms over head, seated stretches, walking)
- Try dry brushing. Start at toes. Work your way up your body. Always brush in the direction of your heart.

*\* Lymph is fluid that contains immune cells. Its circulation requires physical movement.*

### Manage a Fever with Warming Socks

A great way to boost your immune system and break a fever.

#### Supplies required:



- 1 pair of cotton socks
- 1 pair of wool socks
- Cold tap water

#### Instructions:

- Run cotton socks under cold water to completely wet them.
- Wring out well (socks should not be dripping).
- Put wet socks on bare feet.
- Put on dry wool socks over the wet socks & go straight to bed!

### Make Fermented Veggie Recipes:



Fermented cabbage contains 10x more vitamin C than raw or cooked cabbage. Fermented veggies also contain high concentrations of gut-friendly bacteria.

#### Ingredients:

- 1 cup shredded cabbage
- ½ cup grated carrots
- ½ cup chopped celery
- ½ cup onions
- Brine: 2TBSP sea salt + 4 cups water

#### Directions:

- Combine all veggies in a bowl and mix well. Then place mixture into mason jar little-by-little. Ensure you pack veggies very tightly as you go, pound them down vigorously. Fill jar and leave at least 1-inch gap from the top. Pour brine in and make sure to press down veggies so they are submerged completely. Place a cabbage leaf on top of veggies or something heavy (like a rock. Sounds funny but you want all veggies submerged. Place lid on a place in a warm spot for 5-10 days. Open and ensure no mold formed due to being exposed to air. Enjoy!