



Boosting Your Immune System

Why you need to Boost your Immune system

- Your immune system is very precious
- It works to protect you 24/7
- You can boost it even if you are sick
- Get a blood test for a good start point

Things to avoid

- Smoking can damage your immune system
- Stop drinking alcohol or reduce intake
- Leading a sedentary lifestyle without exercise
- Stress
- Sleep deprivation
- Eating the wrong foods

Supplements for Immune System Boosting

- Vitamin D
- Vitamin C
- Zinc
- Selenium
- Black elderberry
- Vitamin E
- Medicinal mushrooms

Exercise and Sleep

- Start simple with exercise
- Perform stretches each day
- Sleep to boost your immune system
- Establish a routine
- Prepare for sleep

Using Essential Oils

- Frankincense
- Eucalyptus
- Oregano
- Thyme

How your Immune System works

- It protects you from harmful foreign invasions
- Two categories: Innate and Adaptive
- Contains vital immune cells
- It remembers past attacks
- Support from lymphatic system

Immune System Boosting Foods

- Fish
- Brazil nuts
- Sunflower seeds
- Lentils
- Yogurt
- Carrots
- Garlic
- Broccoli
- Spinach
- Sweet potatoes
- Citrus fruits
- Watermelon
- Blueberries
- Pomegranates
- Mushrooms
- Turmeric

Reduce Stress

- Cut out coffee and sugary beverages
- Don't eat white carbohydrates
- Choose the right protein
- Mindfulness meditation
- Develop a positive attitude

Detoxify your Body

- Use pure water for detoxification
- Drink warm lemon water
- Eat the right kind of foods
- Get regular exercise
- Meditate regularly
- Breathe clean air

Immune System Best Practices

- Understand the benefits of a strong immune system
- Know what your immune system does and how it works
- Avoid things that compromise your immune system
- Eat foods that boost your immune system
- Take immune system boosting supplements
- Reduce stress
- Exercise and sleep better
- Detoxify your body
- Use essential oils