



Top tips to boost your immunity



If we want optimal health and wellbeing, we must look at our immunity!

Our immune system protects us from bacteria, parasites and viruses, thus saving us from infections, inflammation and diseases. It is a complex and incredible system which, when working well, gives us health, energy and wellbeing.

Many of the things we do or encounter in our modern life can disrupt our immune system, leading to recurring infections, fatigue, headaches, low mood and many other problems.

But let's not despair as there are many things we can do to support our immune system and this can all be done naturally!

We can support our health by choosing immune-boosting foods & immune-supporting supplements, as well as putting into place simple techniques to manage our stress, which depletes our immunity.

So here are some of my tips to support or boost our immune system.

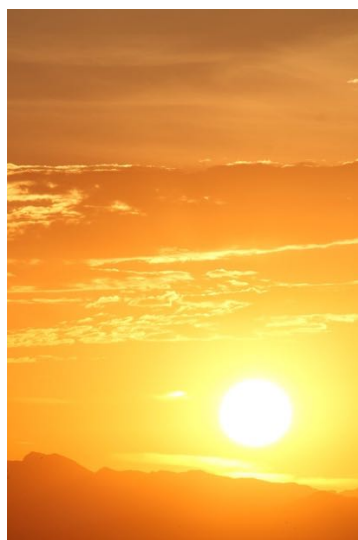
- 1- Before adding anything, we need to make sure we **remove all the things that decrease our immunity**. What is the point of building on shaky grounds right? So, remove inflammatory mediators such as sugars (think plain sugar but carbs as well), smoking, chemicals, gluten, processed or highly refined foods, hydrogenated oils, caffeine, alcohol...



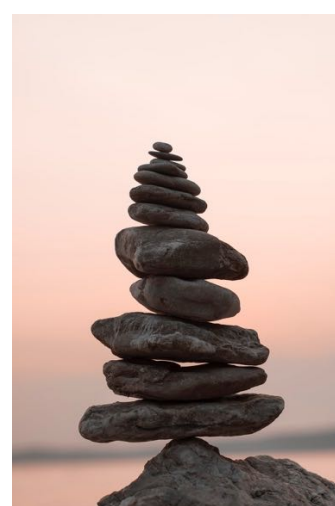
- 2- Now, we can **add immune-boosting foods**, rich in phytonutrients that are full of antioxidants:
- Foods rich in vitamin C: citrus fruits, cherries, peppers, cruciferous vegetables, kiwi...
 - Immune-supporting mushrooms: reishi, chaga, lion's mane, cordyceps, shiitake, maitake...
 - Anti-inflammatory nutrients: rosemary, turmeric, silymarin (milk thistle), ginger, garlic, onions...
 - Healthy fats i.e omega-3: oily fish (sardines, mackerel, salmon, herring, anchovies), nuts & seeds...



- 3- **Add immune-supporting supplements:** vitamin C, zinc, glutathione, vitamin D, magnesium, probiotics...



- 4- Look at our **stress** levels: stress depletes our immunity and leads to inflammation.
- Good quality sleep ensures healing and repair and is therefore essential for our body to function properly
 - Go outdoor: not only does this make us move but it also exposes us to essential vitamin D
 - Exercise moderately but regularly
 - Go for a massage
 - Practice yoga, pilates, reishi, tai chi...



- 5- And lastly but not least, ensure a **good social network**: studies have shown that having the support of a healthy group of friends and family can boost our immunity and lead to enhanced wellbeing.

