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A COMPLETE GUIDE TO BOOSTING
THE IMMUNE SYSTEM:

COVID-19 EDITION



YOUR IMMUNE SYSTEM

We are currently living through a world health pandemic- Coronavirus (COVID-19). Whether it's COVID-19, the common flu, or a cold we could all use a boost in our immune system. The goal of our immune systems is to prevent or limit infection. The immune system can differentiate between unhealthy cells and healthy cells. When the Immune System first recognizes the unhealthy cells, it responds to address the problem. It is important for us to keep our Immune Systems strong, healthy, and well-nourished in order to have the best fighting chance against viruses and diseases.

NATURALLY

BOOSTING IMMUNE

SYSTEM

Lower your risk of infection with these Immune Boosting techniques:

Get adequate sleep at night. Shorter sleep duration can increase the risk of getting sick. It is recommended adults get 7 or more hours of sleep, teens 8-10 hours, and infants up to 14 hours. If you are having trouble sleeping at night try these things. Limit your screen time at night, read or meditate before bed, make sure your room is completely dark, avoid caffeine at night, and exercise regularly.

Manage your stress. Stress can disrupt the regulation of your immune system. It is important to take this time and try to decrease the amount of stress in your day-to-day life if able. You can also practice mindfulness techniques such as meditation, yoga, and breathing exercises to reduce stress.

Exercise regularly. Moderate exercises can give your immune system a good boost. Examples of moderate exercise include brisk walking, biking through your neighborhood, light jogging, swimming, and yoga. Aim for 20-30 minutes of exercise in your daily routine.


Hydrate! Hydration doesn't necessarily protect you from viruses, but it's important to keep yourself hydrated for your overall health and bodily function. Dehydration can make you more susceptible to getting sick. As a general rule, you should drink when you're thirsty and stop when you're no longer thirsty. Water is recommended, tea and juice can also be hydrating but often contain high sugar contents which is not recommended.

Add more vegetables & fruits in your diet. Vegetables and fruits are stored with flavonoids that are essential in an anti-inflammatory diet. At least 5-7 servings of vegetables and 2-3 servings of fruit are recommended daily. Some great options are: tomatoes, apples, onions, oranges, nuts, parsley, celery, and berries.

IMMUNE BOOSTING SUPPLEMENT CHECKLIST


Here are some tips for getting the top vitamins and minerals your immune system needs to perform. Please check with your doctor before starting any new supplements.

ZINC




Coronaviruses appear to be susceptible to the viral inhibitory actions of zinc. Zinc may prevent coronavirus entry into cells and appears to reduce Coronavirus virulence. Typical daily dosing of zinc is 15mg-30mg with lozenges potentially providing direct protective effects in the upper respiratory tract.

VITAMIN C




Clinical trials have found that Vitamin C shortens the frequency, duration, and severity of the common cold and the incidence of pneumonia. Typical daily dosing of Vitamin C ranges from 500mg to 3000mg with higher doses used when the body is faced with acute infections.

MELATONIN



Melatonin has been shown to be an anti-inflammatory. It can reduce oxidative lung injury and inflammatory cell recruitment during viral infections.

CURCUMIN



Curcumin is a key component in turmeric. It contains anti-inflammatory actions and antiviral effects against a variety of similar viruses to COVID-19.

Please remember, these are only strategies to consider in addition to the current recommendations that emphasize the importance of washing your hands, social distancing, stopping non-essential travel, and getting tested if you develop symptoms related to COVID-19.

COVID-19 symptoms include dry cough, high fever, tiredness, trouble breathing or shortness of breath, sore throat, runny nose, and aches.

During symptoms of infection or positive test for the COVID-19 virus, caution is warranted with the following immune activating agents due to their possible stimulation of inflammatory response:

- Elderberry
- Isolated polysaccharide extracts from medicinal mushrooms or mycelium
- Echinacea angustifolia and E. purpurea

Source: The University of Arizona Andrew Weil Center for Integrative Medicine.

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