

SUPPORT & STRENGTHEN
YOUR IMMUNE SYSTEM

chia &
chocolate

PROTECT YOURSELF IN A PERILOUS TIME

Right now you may be feeling out of control.

But we can help ourselves and our loved ones become more resistant to the impacts of the Covid-19 virus. We can take steps to better withstand the stress of uncertainty and change that we're all facing.

Inflammation and immune function are at the heart of resilience. And “clearing” is a great way to support your immune system.



CLEAR WASTE FROM YOUR BODY

- Hydrate with water, herbal tea, broths, and fresh vegetable juices
- Consider water-rich foods, like soups, stews, fruits, and vegetables
- Eat plenty of fiber
- Consider digestive supplements
- Consume probiotics and prebiotics—via food first, then supplements



CLEAR INFLAMMATION

Remove dietary inflammatory triggers, like:

- Gluten
- Dairy
- Refined sugar
- Alcohol
- Processed foods
- Individual food allergies, sensitivities, and intolerances



CALM STRESS & ANXIETY

Practice stress reducing techniques such as:

- Deep breathing
- Meditation
- Prayer
- Gratitude
- Visualization



STAY CONNECTED

- Call a friend or loved one to stay emotionally connected.
- Get some exercise.
- Go for a walk.
- Take many deep, healing breaths.
- Spend time in nature.



AIM FOR “CLEAR” AND “CALM”

We often want to skip right to the agents (supplements or otherwise) that will help our immune system to do its job better, but it's important to “clear” and “calm” in addition to boosting.

Sometimes improvement comes naturally when we remove the distractions.

But there are key agents that can enhance immune system support, based on your individual body and unique needs...



ENHANCE IMMUNE FUNCTIONS

- Take vitamins, minerals, and nutrients based on needs of the individual—consider vitamins D, A, C, NAC, quercetin, and zinc.
- Get Herby & Spicy! Enjoy herbs and spices such as elderberry, garlic, echinacea, turmeric, astragalus, and oregano.
- Go for a diverse, nutrient-rich diet—a rainbow of whole foods whenever possible.
- Protect barrier systems with hand washing, hydration, fermented foods, and probiotics.
- Avoid inflammatory foods and personal food triggers; stabilize blood sugar.
- Avoid smoke.

WHERE TO FIND THESE IMMUNE NUTRIENTS

VITAMIN A

Vitamin A can protect against infections, increase white blood cell production, and support T-cell function. Found in fermented cod liver oil, liver, and beta carotene-rich vegetables like carrots, spinach, and kohlrabi (note: beta-carotene is not easy for some to convert to active vitamin A).

VITAMIN D

Vitamin D activates T-Cells, decreases the severity of autoimmunity, and enables monocytes to kill more viruses; best sources are sunlight, liver, grass-fed butter, fatty fish, egg yolks, and fermented cod liver oil.

WHERE TO FIND THESE IMMUNE NUTRIENTS

VITAMIN C

Vitamin C is antiviral, antibacterial, and antihistamine, boosts antibody production, and improves antibiotic therapy; enjoy papaya, red bell pepper, strawberries, and oranges; plus superfoods like camu camu, goji berries, and inca berries for a Vitamin C boost.

ZINC & SELENIUM

Zinc & selenium both boost immunity; favorite foods to include to amp up these minerals: liver, beef, oysters, scallops, lamb, oats, sesame seeds, pumpkin seeds, and brazil nuts.

WHERE TO FIND THESE IMMUNE NUTRIENTS

HERBS

Turn to plant power to boost immune support, depending on ailment and inner terrain. Here are some herbal faves: elderberry, garlic, echinacea, turmeric, astragalus, goldenseal, and cat's claw.

MUSHROOMS

Best known for their cancer-fighting properties, beta-D Glucan helps modulate the immune system; found in certain mushrooms including shiitake, maitake, chaga, reishi, turkey tail. Take in tea, tincture, powder, capsule, or food.



ENHANCE DETOXIFICATION

- Tend to your bodily waste elimination.
- Pull that neti pot out and start irrigating.
- Clear the lungs with breathing, essential oils, and a humidifier and air purifier.
- Move the lymph with gentle jumping or blowing bubbles.
- Consider herbs, saunas, epsom salt baths and other gentle detox support.



ENHANCE SLEEP

- Create a sanctuary.
- Make it dark!
- Unplug from all devices.
- Establish a bedtime—10 p.m. or earlier.
- Rest & digest—avoid going to bed full.

MEET STEPHANIE

Stephanie Dalton is a Certified Holistic Nutritionist and Health Coach (CCH, CNC, AADP). She weaves together her knowledge of functional nutrition, whole foods education, pilates/yoga, and transformational coaching to create full-spectrum healing protocols for her clients. She's passionate about helping clients cultivate sustainable lifestyle changes that allow them to take control of their health.

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