

Boosting Immunity Naturally

Like all prevention strategies, these suggestions won't prevent illness 100% of the time because everyone is different, but they will definitely help to strengthen one's immune system. While I prefer a customized approach tailored to each individual, these are my **Top 10**. Most of these strategies are safe for infants and children, but it's important to consult with your holistic healthcare provider to understand recommendations about what and how much to take.

1. Make sure your immune system is getting all of the nutrients it needs from whole food sources.
2. Feed the beneficial microbes in your gut.
3. Use herbs like Echinacea to stimulate white blood cell production.
4. Stay hydrated with good quality filtered water.
5. Supplement with a mineral called zeolite, especially if you're prone to cold sores.
6. Organic medicinal mushrooms have a long track record of supporting the immune system.
7. Cut down on sugar, or even better, cut it out entirely.
8. Cut back on the intensity of your exercise/work-out regimen.
9. Get plenty of sleep.
10. Sweat it out in an infrared sauna.

Have more questions? Want a more customized approach to your own health? Ready to heal for good? Email me, and let's talk. And then get excited, because this will be the best year ever.