



# Personalised Immunity Support System

Balanced nutrition is essential to maintain or build a strong immune system. An optimised immune system can assist in warding off the worst effects of a virus or other environmental stressors. Boosting your own immune systems is essential for your own wellbeing. The following nutrients should be part of your weekly food plans.

## **Protein**

Protein plays a role in the body's immune system. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, green vegetables are best steamed rather than fried. Include unsalted nuts and seeds in your food intake.

## **Vitamin C**

Vitamin C stimulates antibodies. Include bioavailable sources of this healthy vitamin by slow juice citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals. Drinking Papaya leaf tea is an excellent anti-oxidant.

## **Vitamin E**

Vitamin E is an important antioxidant, which is able to neutralizes free radicals that impact the immune function. Include vitamin E in your diet with sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts and walnuts.

## **Immunity Boosters**

Ginger is packed with immune-boosting vitamins, minerals, and antioxidants. Turmeric has been known to boost your immune response. Cinnamon has been used to reduce inflammatory substances, which can also impact the immune response.

## **Micronutrients**

Other micronutrients, including vitamin B6, folate, selenium, iron, copper as well as prebiotics and probiotics, also may influence immune response and play a role in a healthful eating style. Obtaining these nutrients from fresh foods is preferred, as they are bioavailable.

## **Zinc**

Zinc is also important for the immune system. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.



# Personalised Immunity Support System - Tips

## **Sleep**

Get enough sleep and manage stress. Sleep deprivation and stress overload increase the hormone cortisol, prolonged elevation of which suppresses immune function.

## **Hydration**

Hydration, water with a reduced surface tension and lower O.R.P level's, helps to carry oxygen to our body cells, which results in properly functioning systems. This type of drinking water also assists in removing toxins from the body.

## **Avoid tobacco**

Avoid tobacco smoke. It undermines basic immune defences and raises the risk of bronchitis and pneumonia in everyone, and middle ear infections in kids.

## **Alcohol**

Drink less alcohol. Excessive consumption impairs the immune system and increases vulnerability to lung infections.

## **Fruit and vegetable**

Eat plenty of fresh vegetables, fruits, nuts, and seeds, which will provide your body with the nutrients your immune system needs. A study in older adults showed that an increase of fruit and vegetable intake resulted in increased immunity.

## **Pre and probiotics**

Consider pre and probiotics. Studies indicate supplements reduce the incidence of respiratory and gastrointestinal infections. Try to consume more fermented foods such as fermented vegetable and milk products as they have been shown to reduce respiratory infections.

We recommend that you get your epigenetics tested regularly to prevent immunity and wellbeing challenges.