



**DIET & LIFESTYLE TIPS TO SUPPORT
OPTIMAL IMMUNE HEALTH**

KNOW WHAT YOUR BODY NEEDS TO THRIVE.

Make Healthy Living A Habit.

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Eat to nourish.

Focus on foods rich in micro-nutrients such as colourful fruits and vegetables, as well as healthy proteins that provide amino acids which help to support a functioning immune system. There is evidence that various micro- and macronutrient deficiencies alter immune response. Add the following to your grocery list and your diet to help boost immune defense (except, of course, those to which you are allergic, intolerant or reactive) and try to buy Organic when possible:

- Vit A – Sweet Potato, Carrots, Tuna, Butternut Squash, Spinach, free range eggs
- Vit C – Lemons, Grapefruit, Kiwi, Bell Peppers, Strawberries, Oranges, Kale, Broccoli
- Vit D – Wild caught Salmon, Mushrooms, Tuna, Eggs
- Vitamin E: Nuts and Seeds (Almonds, Sunflower Seed, Pumpkin Seeds), Leafy green vegetables
- Zinc – Brazil Nuts, Raw Blanched Almonds, Meats, Sprouted Firm Tofu, Lentils, Grass-fed Yogurt, Gluten-Free Oats



Most people have lost oral tolerance to a certain degree and as a result, have developed food sensitivities to a number of foods. These foods cause inflammation when eaten and should be avoided for a period of time. Eliminating

inflammatory foods from the diet, is essential for maintaining cytokine balance, both in the G.I. tract and systemically (throughout the entire body). This is especially important for individuals with existing self-tissue response(s) (tissue



destruction) must strictly avoid reactive foods. While dietary changes will be specific to each individual depending on their condition and food sensitivities, avoidance of one or more of the following foods is encouraged:

- Gluten-containing grains (wheat, rye, spelt, barley, kamut)
- Foods known to be gluten cross-reactors (dairy, sesame, oat, millet, corn, rice, coffee, yeast)
- Foods known to trigger histamine (peanuts, fermented foods, cantaloupe, pineapple, oranges)
- Refined carbohydrates (some individuals may need to minimize all forms of carbohydrates at least for a period of time)
- Nightshades (tomato, white potato, eggplant, peppers, paprika)
- Trans fats/hydrogenated oils along with vegetable oils. Every individual should completely avoid these oils permanently.
- Nuts and legumes (e.g., tree nuts, peas, beans, etc.) as they are high in lectins and can trigger inflammation
- A low-histamine, low-FODMAP or similar diet may also be appropriate

Move Your Body.

Diet is not the only important factor to achieve optimal health. Frequent exercise is essential to encourage a strong immune system. It is also necessary to improve circulation which may allow the cells and components of the immune system to move through the body freely and perform their tasks efficiently. Exercise also helps keep a healthy weight, gets oxygen into our lungs and cells, and reduces stress. There are many ways to get exercise both at home and while enjoying yourself, such as:

- Workout apps or DVDs
- YouTube videos for HIIT or resistance training
- Body weight-based exercises (push-ups or squats)
- Going for a walk, run, bike ride or swimming
- Gardening
- Playing outdoor sports



Reduce Stress.

Our modern world is plagued with chronic stress and provides very little opportunity for down time unless we make it part of our daily routine. Stress drives the production of cortisol and epinephrine, which are known to diminish Th1 and natural killer cell populations. A suppression in Th1 immune cells leads to overall weakened immunity and chronic inflammation which can trigger tissue destruction. The following practices may be helpful in managing occasional stress:

- Practice mindful meditation (there are many apps and guided YouTube meditations available as well as guided religious meditations)
- Practice deep breathing Am and PM or when experiencing high levels of stress throughout the day
- Take a break from screens (blue light) and noise by reading a book, going for a walk, taking a nap, etc.
- Listen to soothing music (lots of beautiful playlists on youtube or spotify)
- Make time for favorite activities such as, painting, sports or crafts
- Enjoy a warm caffeine-free drink such as herbal teas (chamomile) with adaptogens to help reduce stress chemistry
- Take a hot epsom salt bath
- Diffuse relaxing essential oils such as lavender



Get Adequate Sleep.

We are so used to going to sleep around 1 or 2 AM and then waking up a few short hours later. This leaves our body very drained and weakens our immune system. A lack of sleep can have adverse effects on your immune system so it is important to follow correct sleep hygiene listed below:

- Get on a sleep schedule (10:30PM-6:30AM is ideal)
- Avoid caffeine and eating a large meal right before sleeping
- Avoid taking stimulating vitamins such as vitamin C and Bcomplex in the evening
- Allow 30 minutes to an hour before bed to relax and wind down
- Avoid screens in the bedroom and turn off all wifi and screens 30 minutes before bedtime
- Read a book before bed to make you sleepy
- Consider melatonin, Ltheanine and GABA for more restful sleep
- Drink a glass of water before bed to hydrate
- Sleep in a completely darkened room

