

IMMUNE SUPERHEROES

1

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

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.

2

SUN LOVER

COLD BUSTER

3

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 incan berries for a Vitamin C boost.

4

MINERAL MAGIC

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

5

GET HERBY

Turn to plant power to boost immune support; depending on the ailment and inner terrain, herbal favorites to explore are black elderberry, garlic, echinacea, turmeric, astragalus, goldenseal and cat's claw.

6

MAGICAL MUSHROOMS

Best known for its cancer-fighting properties, beta-D-glucan helps modulate the immune system; found in certain mushrooms including shiitake, maitake, chaga, reishi, and turkey tail; take them as a tea, tincture, powder, capsule or food.