



# SUPER IMMUNITY SECRETS

Seven research-backed keys to balance, boost, and supercharge your body's immune system.

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## SUPER IMMUNITY SECRETS:


Seven research-backed keys to balance, boost, and supercharge your body's immune system.

Health is on everyone's minds at the moment as we adapt to life in the time of coronavirus COVID-19. While scientists are out there working on antivirals and vaccines, many people are aware that taking a holistic approach to health is more important than ever. A strong immune system can be crucial to maintaining good health. We are pouring a lot of energy into avoiding this virus through social distancing, mask-wearing, and hand-washing. It makes sense to add to those, the maintenance of a strong and healthy immune system.

The immune system is something that we often just take for granted until it stops working. When we have a strong immune system, we feel great, full of energy, vitality and ready for anything. When our immune systems are weak we feel worn out, we get sick much more frequently and we suffer from headaches, digestive issues, and low energy.

Our immune systems are closely linked to our digestive systems. That means what we eat or do not eat has a strong impact on the vitality of our health through our immune system. That also goes for how we feel





emotionally. Stress and anxiety compromise our digestive capacity which leads to low immune function.

So to create a healthy and functioning immune system, you need to combine a diet high in immune-boosting foods and make sure your lifestyle is supportive of your health. That means lowering stress through exercise, yoga, meditation and getting outside in nature.

These are the top seven immunity secrets we believe are key to creating a vital, energetic and strong immune system. They are suggestions for keeping yourself as healthy as possible and are not intended to serve as a substitute for the consultation, diagnosis, and/or medical treatment of a qualified physician or healthcare provider.



## SECRET 1:

## VITAMIN C



Used for decades to help prevent the common cold, Vitamin C is one of the biggest and best known immune boosters. This vitamin improves components of your immune system function like certain white blood cells that fight infection.

The best way to consume Vitamin C is to load up on the kinds of food with high Vitamin C content, and luckily as so many fruits and vegetables contain it, it's not hard to up your daily intake naturally. If you want to take an actual supplement in addition to getting your Vitamin C from dietary sources, make sure you take it while eating these foods that naturally contain it. That way you will increase the bioavailability and absorption of the Vitamin into your body.

Foods rich in vitamin C include broccoli, strawberries, bell peppers, brussel sprouts, papaya, pineapple, mango, spinach, and citrus fruits.





## SECRET 2:

## ZINC

Zinc is an essential mineral found in cells throughout the body. It is involved in numerous aspects of cellular metabolism and helps the immune system fight off invading bacteria and viruses. Studies show that our bodies need zinc to activate T cells (lymphocytes). These T cells help the body by controlling and regulating immune responses and attacking infected or cancerous cells. In short, a Zinc deficiency can seriously affect our immune system function.

Zinc is found naturally occurring in foods such as cashew nuts, quinoa, sesame seeds, lentils, garbanzos, pumpkin seeds, oysters, crab, lobster, beef and tofu.

As with Vitamin C, your body absorbs vitamins and nutrients better when coming from a dietary source. If you decide to take a zinc supplement during this time, consume it in conjunction with eating some of the above-mentioned zinc-rich foods for optimum bioavailability and absorption.





SECRET 3:

VITAMIN D




Getting enough Vitamin D should be part of your immune-boosting strategy while you are stuck inside. Vitamin D or the “Sunshine Vitamin” has an important role to play in our health, it regulates the production of a protein that kills bacteria and viruses.

Vitamin D has also been shown to alter the number of white blood cells, known as T cells (lymphocytes), which help to tackle the spread of bacteria and viruses. Vitamin D also regulates the absorption of calcium and phosphorus and helps to keep our immune systems functioning well. Research has shown that Vitamin D can help keep us healthy and reduce the possibility of developing the flu.

This study also showed that taking a Vitamin D supplement had a protective effect against respiratory-tract infections, making it a great choice to boost your immunity against Coronavirus.





A wooden cutting board with sliced salmon, cucumber, red onion, and lemon wedges. The salmon is sliced into thin pieces, and the cucumber is sliced into rounds. The red onion is sliced into thin rings. The lemon is sliced into wedges. The ingredients are arranged on a dark wooden cutting board.

When we are exposed to sunlight, our bodies can make Vitamin D on their own, so it's important to get outside into the sun whenever you can in moderation. Think of yourself as a plant, you need sunlight to thrive! That doesn't mean exposing yourself to sun damage, but displaying a large amount of skin (say your legs and arms or back) to the sun for about 5 -30 minutes a couple of times a week is going to boost your Vitamin D needs.

Vitamin D is not naturally present in many foods so you need to make sure to include the foods that do contain it in your current diet as well as considering a supplement and sunlight fix.

Food sources of Vitamin D include fatty fish like mackerel, sardines and salmon, eggs, cheese, tofu, mushrooms, fortified milk, and plant milk products.



## SECRET 4:

# BLACK ELDERBERRY

Black Elderberry has been used medicinally for hundreds of years and is commonly used for immune health due to its antiviral, anticancer, and anti-inflammatory properties.

Over the centuries people have made teas, syrups, and lozenges from the plant to fight upper respiratory infections and boost immunity.

The berries from the shrub are high in flavonoids called anthocyanins which have antioxidant properties. They have been shown to have a high



oxygen radical absorption capacity (ORAC), the scale used to measure antioxidant activity. They work by reducing swelling in mucus membranes and boosting the body's natural immune response.

In one study, results show that adults with flu-like symptoms who were given Elderberry syrup had symptoms improve faster than those given a placebo. Including tea or jam made from Black Elderberries could be a wonderful and delicious boost for your immune system against the coronavirus (COVID-19) infection but always check with your doctor.



## SECRET 5:

# MEDICINAL MUSHROOMS

Eastern medicine has been prescribing medicinal mushrooms for thousands of years and the health benefits are plentiful. They are commonly taken as powders, not consumed raw or whole, instead added to your daily smoothie, cereal or even your tea or coffee.

Medicinal mushrooms are so-called adaptogenic superfoods that work towards creating balance in your body. They boast incredible healing properties and support your body's defense mechanisms, they contain beta-glucans which help fight inflammation and facilitate the functioning of our immune system, providing protection from stress, cancer, and viruses. They may even prepare immune cells to be more effective in responding to future viruses and attacks.







## TOP SIX MEDICINAL MUSHROOMS:

### REISHI - CALMING BODY AND MIND.

**Reishi mushroom** powder has been shown to boost the production of the components of the immune system, including T cells, natural killer cells, which detect and attack any cancer cells or cells infected with viruses. One study showed patients with advanced stages of cancer who were treated for 3 months with a Reishi-sourced polysaccharide. Those patients who were given the treatment showed substantial improvements in immune function. Reishi mushrooms are also known for their calming effect by lowering cortisol levels.





## LION'S MANE - VITALITY AND BRAINPOWER

**Lion's Mane mushrooms** are bursting with antioxidants and work to strengthen the immune system, but they also help to create the production of the bioprotein nerve growth factor (NFG) Trusted Source.

## CHAGA - IMMUNE BOOSTING

**Chaga mushrooms** are known as the kind of medicinal mushrooms for their incredible antioxidant properties making them wonderful for fighting inflammation and free radicals. A Chaga polysaccharide has been found to possess incredible antioxidant activity for scavenging free radicals.

## SHITAKE - BOOST LIFE FORCE

**Shiitake mushrooms** contain phytonutrients and have been found to support a healthy immune system and a decrease in inflammation. Shiitake mushrooms also enliven the blood, heal the skin and support the liver.

## TURKEYTAIL - BURSTING WITH ANTIOXIDANTS

**Turkey Tail mushrooms** contain a compound called polysaccharide-K (PSK) that has been shown to stimulate the immune system. It has had such success that it is now an approved anticancer prescription drug in Japan. Turkey Tail also used to balance gut bacteria as they contain prebiotics.

## CORDYCEPS - ENERGY BALANCING

Cordyceps mushrooms can enhance your strength and help you live better and longer, stimulating your energy through the production of ATP in your cells. Cordyceps enhance blood flow and helps your body's oxygen flow.



## SECRET 6:

## A NUTRIENT-RICH DIET

To create super-immunity you need to super-charge your diet.

Your overall nutrition has a huge impact on your immune system, which is great news really because it means you have a lot of control over your health simply due to what you decide to put inside your mouth.

Having a balanced and nutrient-dense diet where fruits, vegetables, and whole foods are a clear priority is essential to good health. It sounds simple and you've no doubt heard it a million times before but seeing as it's the cornerstone of good health let's go over it again!

Foods that contain an abundance of nutrients also contain vitamins and minerals, fiber, unsaturated fats, and protein and are lower in calories.

A diet that is rich in nutrients means choosing:

- Dark leafy cruciferous greens such as spinach, kale, and broccoli are some of the most micronutrient vegetables available.
- Vibrant colored fruit like blueberries, strawberries, papaya, and pomegranates. All berries, such as blueberries, blackberries, strawberries, raspberries, acai berries, goji berries, and elderberries contain high levels of phytochemical compounds, which are anti-cancer compounds.
- Whole grains like wheat, quinoa, corn and barley in bread and cereals.
- Oily fish rich in omega-3 fatty acids (sardines, salmon, mackerel)
- Low-fat dairy products such as yogurt, kefir, feta cheese or plant-based milk.





- Lean, organic meats, fish, eggs, tofu, and tempeh, beans, lentils, and nuts.
- Immune boosting carbohydrates come from berries, fruits, whole grains, and vegetables. Include a variety of these in your daily diet.
- Vegetables such as mushrooms, sweet potatoes, bell peppers, and pumpkin.
- Include herbs and spices that are high in antioxidants like black pepper, cloves, ginger, and turmeric.

Ideally, you should consider cutting way down on white, processed flour, sugar and alcohol from your diet altogether. That's because they do nothing to help your immune system and in fact can be quite harmful, especially if you are consuming them in large amounts.



## SECRET 7:

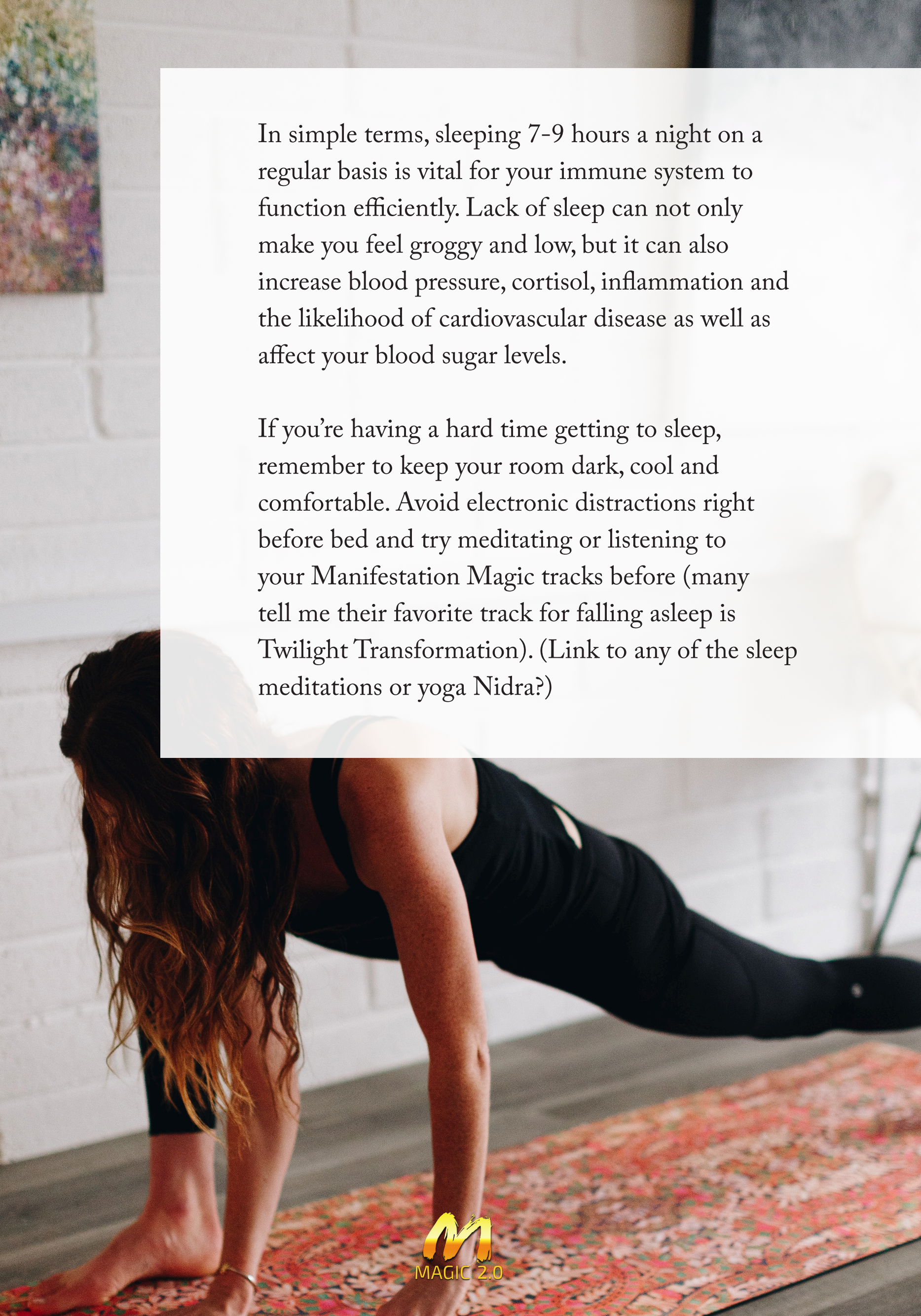
# SLEEP HEALTH

Here's another "secret" you may have heard many times before: a good night's sleep is crucial to your immune system health and we cannot stress it enough. With insufficient sleep, your body cannot make enough cytokines, a type of protein that targets infection and inflammation, creating an immune response, as written in a recent study from the Sleep Foundation. We produce and release these cytokines when we are asleep, so not getting enough is problematic.

A different study by researchers in Germany has found that sleeping deeply and well on a regular basis improves our immune cells known as T cells. These T cells are immune cells that play a major role in the fight against virus-infected cells. When we are asleep we have lower levels of stress hormones, which makes it easier for the T cells to function. When our stress hormone levels are high, the T cell immune response is much less efficient.







In simple terms, sleeping 7-9 hours a night on a regular basis is vital for your immune system to function efficiently. Lack of sleep can not only make you feel groggy and low, but it can also increase blood pressure, cortisol, inflammation and the likelihood of cardiovascular disease as well as affect your blood sugar levels.

If you're having a hard time getting to sleep, remember to keep your room dark, cool and comfortable. Avoid electronic distractions right before bed and try meditating or listening to your Manifestation Magic tracks before (many tell me their favorite track for falling asleep is Twilight Transformation). (Link to any of the sleep meditations or yoga Nidra?)



Put simply, researchers are only just beginning to understand what the human body is truly capable of. And now is a great time to take **EMPOWERING** steps to improve your health and well-being.

I hope this report inspires you to start making positive changes that will serve you for years to come!

