

Immune Health Cheat Sheet

Eat A Well-Balanced Diet

Focus on nutrient-rich fruits and vegetables, as well as healthy proteins that provide amino acids — healthy proteins needed 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):

Vitamin A – Sweet Potato, Carrots, Tuna, Butternut Squash, Spinach

Vitamin C – Bell Peppers, Strawberries, Oranges, Kiwi, Broccoli

Vitamin D – Salmon, Mushrooms, Fortified Milk, Tuna, Eggs

Zinc – Meats, Firm Lentils, Yogurt, Tofu, Gluten-Free Oatmeal

Eliminate Inflammatory Foods

Eliminating inflammatory foods from the diet, is essential for maintaining cytokine balance, both in the gastrointestinal tract and systemically.

In particular, patients with existing self-tissue response(s) must strictly avoid reactive foods. While appropriate dietary changes will be specific to each patient, avoidance of one or more of the following is common:

- **Gluten-containing grains** – wheat, rye, spelt, barley, kamut
- **Foods known to be gluten cross-reactors** – dairy, sesame, oat, millet, corn, rice, coffee, yeast
- **Refined carbohydrates** – some individuals may need to minimize all forms of carbohydrates)
- **Nightshades** – tomato, white potato, eggplant, peppers, paprika, etc.
- **Trans fats/hydrogenated oils** – complete avoidance is recommended in all patients
- **Nuts and legumes** – tree nuts, peas, beans, etc.)
- A low-histamine, low-FODMAP or similar diet may also be appropriate

Get Regular Exercise

Just like a healthy diet, exercise is a pillar of health and can contribute to a strong immune system. Exercise can improve circulation, which may allow the cells and components of the immune system to move through the body freely and do their job efficiently. There are many ways to get exercise at home, such as:

- **Workout apps** – search the app store! or DVDs
- **YouTube videos** for cardio or resistance training
- **Calisthenics and body weight-based exercises** – like push-ups or planks
- **Going for a walk or run**



Make Sure To Get Plenty Of Sleep

Lack of sleep can adversely affect your immune system.

therefore I suggest the following practices:

- **Stick to a sleep schedule**
- **Avoid caffeine and eating a large meal right before going to bed**
- **Allow time to relax and wind down before going to sleep**
- **Avoid screens in the bedroom, read a book or magazine**
- **Consider melatonin for more restful sleep & immunity**
- **Consider CBD oil for deeper sleep**

Take Time To Relax & De-Stress

Stress drives the production of cortisol and epinephrine, which are known to diminish Th1 and natural killer cell populations. The following practices may be helpful in managing occasional stress:

- **Practice mindful meditation & yoga** – there are many apps and guided YouTube meditations available
- **Take a break from screens and noise**
- **Listen to soothing music**
- **Make time for favorite activities** – such as writing, painting, or woodworking
- **Enjoy a warm caffeine-free drink** – such as herbal tea with adaptogens or warm golden turmeric milk