

## Naturopathic Tips for Immunity

Your immune system is a complex system that defends your body against illness. Your immune system is absolutely amazing. It keeps a record of every germ it has ever defended, so that if you come into contact with that germ again, it can quickly fight it off, resulting in quicker recovery or maybe not even getting sick at all.

Like all systems of your body, your immune system will function better and thrives in a supportive environment. We can support our immune system by getting enough nutrients and particularly the nutrients used by our immune system. Chronic stress results in lowered immunity because when you are stressed, your body's top priority is decreasing stress hormones, so every other function of your body becomes less important. So to support our immune system, decreasing stress is the first step. In addition to decreasing stress, ensure that you get a wide variety of nutrients through food.

Supplements that enhance the immune system are:

- Vitamin C
- Zinc
- Echinacea
- Vitamin B complex
- Vitamin D
- Multivitamin

Here are some tips to support your immune system:

- Eat as many colours as possible to ensure that you're getting a variety of nutrients.
- Eat foods containing high levels of vitamin c including citrus fruits and cruciferous vegetables.
- Get at least 20 minutes of sun exposure every day to increase vitamin D levels in your body.
- Start each day with Apple cider vinegar as it is naturally antibiotic and antiviral making it harder for us to get sick and supporting our immune system
- Take a good quality multivitamin every day to bridge the gap between the nutrients you need and what you are getting through your diet.