



Boost Your Immunity System

by Dr. William Sears

Cut down on days missed from work and school because of an illness!

Boost your immune system's fighting power – feed it!

Immune boosters work in many ways. They increase the number of white cells in the immune system army, train them to fight better, and help them form an overall better battle plan. Boosters also help get rid of the substances that drag the body down.

Eight nutrients that boost immunity:

1. **Vitamin C** Increases the amount of infection-fighting white blood cells and antibodies, raises the body's good cholesterol, and lowers the risk of certain types of cancer. Approximately 200 milligrams a day works well and can be obtained by eating at least six servings of fruits and vegetables a day. **The fruits containing the highest amounts of Vitamin C are guava, papaya, strawberries, kiwi, cantaloupe, orange, & grapefruit.** Vitamin C supplements are also an option.
2. **Vitamin E** Stimulates the production of cells that destroy germ cells and enhances the immune cells that produce antibodies that destroy bacteria. A diet rich in **seeds, vegetable oils and grains** can provide 30 to 60 milligrams each day, but supplements may be necessary to get the recommended 100–400 milligrams per day depending on your lifestyle; a more active lifestyle doesn't require as much.
3. **Carotenoids** Beta carotene is the most familiar carotenoid and increases the number of infection-fighting cells, and is a powerful antioxidant that helps in the aging process. These can also lower the risk of heart disease and cancer. **Foods high in carotenoids are carrots, sweet potatoes, spinach, kale, collard greens, and tomatoes.**
4. **Bioflavonoids** This group of phytonutrients aids the immune system by protecting the cells of the body against environmental pollutants and reduces the cholesterol's ability to cause clots in the arteries. A diet that contains a wide variety of fruits and vegetables, at least six servings per day is all you need. **Foods with bioflavonoids include: berries, cherries, grapes, fruit skins, and true fruit juices, true teas (not herbal teas), grains, celery, parsley, grapefruit, oranges, apple skin, onions, endive, radishes, tomatoes, leeks, broccoli, and red wine.**
5. **Zinc** This valuable mineral increases the production of white blood cells that fight infection and helps them fight more aggressively as well as fighting cancer. Since too much zinc in the form of supplements (more than 75 milligrams a day) can inhibit immune function, it is safest to stick to getting zinc from your diet and aim for 15 to 25 milligrams a day. **Foods rich in zinc are oysters, crab, beef, turkey (dark meat) and beans.**
6. **Garlic** This flavorful member of the onion family stimulates the multiplication of infection-fighting white cells. Recipes with garlic can be easily found in most cookbooks.
7. **Selenium** This mineral increases natural killer cells and mobilizes cancer-fighting cells. **Best food sources of selenium are tuna, red snapper, lobster, shrimp, whole grains, brown rice, egg yolks, cottage cheese, chicken (white meat), sunflower seeds, garlic, Brazil nuts, and lamb chops.**
8. **Omega-3 Fatty Acids** Found primarily in **flax oil and fatty fish (such as salmon, tuna and mackerel)** increase the activity of the cells that eat up bacteria. Essential fatty acids also protect the body against damage from over-reactions to infection. When taking essential fatty acid supplements, such as flax or fish oils, take additional vitamin E, which acts together with essential fatty acids to boost the immune system. One way to get more omega-3 fatty acids in your diet is to add one to three teaspoons of flax oil or one to two tablespoons of ground flax seed to a fruit and yogurt smoothie.

Immune Boosting Shopping List

Fruits	Vegetables	Grains, Nuts, Seeds & Oils	Meat & Seafood	Dairy	Beverages
Apples w/ peel**	Artichokes	Sunflower seeds	Oysters	Cottage cheese	100% Fruit Juice
Avocado	Broccoli	Pumpkin seeds	Crab		Herbal or green tea
Berries	Celery**	Whole grain bread	Beef		
Cantaloupe	Collard greens**	Beans	Turkey (dark meat)		
Cherries	Garlic	Brown rice	Tuna		
Grapefruit	Kale**	Brazil nuts	Red snapper		
Grapes**	Leeks		Lobster		
Guava	Onions		Shrimp		
Kiwi	Parsley		Eggs		
Oranges	Radishes		Chicken (white meat)		
Papaya*	Spinach**		Lamb chops		
Strawberries**	Sweet potatoes				
	Tomatoes**				

*Should be bought organic due to high probability of GMO.

**Should be bought organic according to EWG's Guide to Pesticide in Produce (2019).

Hot Foods for Colds

Hot foods such as chili peppers, hot mustard, radishes, pepper, onions, and garlic contain substances called "mucolytics" (similar to over-the-counter expectorant cough syrups) that liquefy thick mucus that accumulates in the sinuses and breathing passages.