

TEN WAYS to Boost Your Immunity

TEN WAYS to Boost YOUR Immunity this winter ~ without a flu vaccine

1. Wash your hands often. I know that this may seem rather obvious but is so important.

2. Stop touching your face.

It has been noted that we tend to touch our faces; especially eyes, nose, and mouth over a 1000 times a day! Every time we do, we are possibly introducing any number of viruses or bacteria into our body.

3. Create a habit to take herbs to boost and support the immune system.

Tinctures or tea form are normally the most effective. There are so many possibilities when making a choice for a good immune support tincture.

Look for the following herbs:

Each of these herbs has many more attributes; for the purpose of sharing ideas to boost immunity, I am highlighting these 'actions'.

Echinacea, *Echinacea angustifolia*



Actions: Antibiotic, anti-inflammatory, antiviral, detoxifying, immune supportive, lymphatic

- excellent immune boosting herb,
- improves lymph circulation

Elderberry, *Sambucus nigra*



Actions: Flowers - antiviral, anti-catarhal, anti-inflammatory, diaphoretic.

Berries - antiviral, anti-inflammatory, diaphoretic, diuretic, gentle laxative tonic

- excellent immune supportive herb,
- strong ally in cases of colds & flu - excellent in cases of fever

Goldenseal, *Hydrastis canadensis*

Actions: Astringent, antiseptic, anti-microbial, anti-catarhal, anti-spasmodic, cholagogue, expectorant, tonic,

- excellent Immune boosting herb. Soothes mucous membranes, helps to detox the body.
- improves lymph circulation
- helps to soothe inflammation in the digestive tract

Osha, *Ligusticum porteri*

Actions: Anti-inflammatory, antibacterial, anti-microbial, anaesthetic, antiviral, carminative, diaphoretic, diuretic, decongestant, expectorant

- excellent immune supportive herb
- known to soothe the a sore throat
- helps to lessen the symptoms of colds & flu
- powerful expectorant which helps to alleviate congestion in sinus & lungs
- promotes ability to take 'deep breaths'

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Garlic, *Allium sativum*



Actions: Antiseptic, anti-microbial, diaphoretic, anti-spasmodic, anti-catarrhal, expectorant, pectoral, stimulating & nourishing tonic

Ginger, *Zingiber officinale*



Actions: Anti-septic, aromatic, diaphoretic, analgesic, anti-inflammatory, antioxidant, warming stimulant



Turmeric, *Curcuma longa*



Actions: Anti-bacterial, anti-cancer, anti-fungal, anti-inflammatory, anti-oxidant, anti-viral

4. Take good quality supplements.

Vitamin D3 in a liquid supplement. Research is overwhelming that Vitamin D3 has a terrific role to play in health. Look for a supplement like D DROPS
Vitamin C well-respected, proven to shorten symptoms. Try Ester C or a food source Vitamin C Adults can tolerate 5000+ mg (to bowel tolerance)
Probiotics have been proven to increase 'gut flora' which is very beneficial but recent studies indicate that Acidophillus and other 'good bacteria' are able to re-train our immune systems to be able to better recognize true invaders and act accordingly.(i.e. fully functioning and 'on target')
Zinc is a well-known immune supportive mineral and documented flu-fighter. Available in an easy to take lozenge form for those on the go.

5. DIET

Focus on warming foods. Include **ginger, garlic, turmeric** and warming herbs/spices in your meals.

- Limit dairy and especially if you notice it's mucous-forming qualities.
- Limit processed foods which are empty calories and offer little in the way of nutritive values.
- Allow yourself to move towards seeing FOOD AS FUEL if you don't already.

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6. SLEEP

Get enough sleep. We all know that our bodies need rest to repair and recover from the stresses of each day.

- If restlessness or insomnia are an issue, see these ideas for better sleeps.
- Avoid watching the "evening news" if settling down to have a good rest is a problem.



7. EXERCISE

Whether it's a brisk walk or jumping on a rebounder, find some way to MOVE every day - If the 'gym membership' works for you, that's great. Otherwise, just make time to include some activity, which activates the 'lymph system'. It can be as simple as skipping rope or making energetic 'wide circles' with your arms. The lymph system, crucial to a fully functioning immune system, doesn't have a "pump" like the heart does to move the lymphatic fluid (called lymph) throughout the body; it needs the body to literally MOVE to stimulate its actions.

8. STRESS

Be aware of your patterns in terms of 'coping with stress'. Feeling uptight and anxious actually suppresses the immune system + depletes the body of nutrients. Many of us, based on reports to the contrary, feel 'pressured'.

- Consider taking more time to nourish self.
- Herbal medicine offers our nervous system much needed support & nourishment, which can make a huge difference in immune response.

9. LAUGH

How good does it feel to laugh? We know that it's SO good for us. We need to spend more time doing it. Schedule time to have fun --- as odd as that may sound, many of my clients work long hours and crave a good laugh ~ Do It!



10. REPEAT!!

Encourage others to do all of the above!
The healthier people around YOU are – the better you'll be!

For more helpful information for your Winter Health click on this link:

<http://studiobotanica.com/wp-content/uploads/2011/12/Winter-Health-Tips-Carol-Little.pdf>

Hit "FOLLOW" at the bottom of the Studio Botanica home page and stay tuned for more in depth discussions for some super winter recipes, and ideas to add more energy and yes... good immunity into your life!

These notes, as always, offer my opinion based on my personal knowledge. At no time would I counsel anyone NOT to take the flu shot - consult your doctor. HOWEVER - if you have decided that you simply want to boost YOUR immune system and look after YOU... I am writing for you!"

Green blessings and wishes for a healthy winter season ~ Carol