



The Ultimate Natural Immune Booster Checklist for the Pandemic [Printable Guide]

Living a healthy lifestyle was a challenge before 2020 — then the COVID-19 pandemic hit.

Between virtual learning, remote work, and constant news updates, it's even tougher to find time for your and your family's health. But we want you to feel empowered instead of defeated.

We created the ultimate checklist of straightforward steps you can take to boost your immune system during the pandemic.

This checklist is your guide to supporting your immune response, including the **foods to eat, supplements to take, and things to do.**

And the best part? Our tips are all-natural. As Naperville's natural health experts, we only use conservative methods free of prescription drugs or toxins.

Share this guide with your whole family — our advice works for **both adults and kids.** (The only exception is supplement doses, which are just for adults.)

Ready to get started? **Take this checklist one step at a time, and add a new item each week.** After a month, you'll have strengthened your body in four different ways, and you'll be on the path to developing a powerhouse immune system.

FOODS TO EAT

It's no secret that nutritious food strengthens your immune system. Take a moment to reflect on that, though. Every time you eat, you can help your body fight off viruses like COVID-19.

Eating well might feel like a daunting goal. But, it doesn't have to be discouraging. These foods are a great starting place for building an immune-friendly diet. Here's the list:

- **Calcium-rich green, leafy vegetables.** Calcium encourages immune health. Get it from green, leafy vegetables like broccoli instead of milk.
- **Grapefruit, oranges, papayas, clementines, tangerines, kiwis, lemons, and limes.** These fruits contain immune-enhancing Vitamin C.
- **Red bell peppers.** According to Healthline, ounce for ounce, red bell peppers contain almost three times as much Vitamin C as a Florida orange.
- **Spinach.** Spinach contains Vitamin C, numerous antioxidants, and Vitamin A. Cook it briefly to keep vitamins from escaping.
- **Protein-packed foods like eggs, shellfish, wild-caught salmon, sardines, and tuna.** Protein bolsters your body's cells, which is vital when you're recovering from sickness.
- **Garlic.** Garlic promotes white blood cell production.
- **Almonds.** Almonds contain Vitamin E, an immune-supporting antioxidant.
- **Green and black tea.** These teas contain powerful antioxidants that strengthen your immune system.
- **Avoid as much sugar as possible.** Too much sugar can stress your adrenal glands, which help regulate your immune system.
- **Don't snack all day.** Keep set meal times, stick to a balanced diet, and pre-log your food if needed.
- **Avoid foods that give you an allergic reaction.** Allergies raise histamine levels in your body, which stresses your adrenals. It might not cause symptoms, yet it still hurts your immune system's ability to respond under attack.
- **Drink lots of water.** Drink half your weight in ounces of water a day. For example, if you're 140 pounds, drink 70 ounces of water every 24 hours.

SUPPLEMENTS TO TAKE

We've all heard it's important to get enough Vitamin D. But did you know that Vitamin D — along with many other vitamins and supplements — can help your immune system fight viral intruders? We've gathered our top recommendations for vitamins and supplements that give your immune system a lift.

Keep in mind, vitamins and supplements don't replace the enormous advantages of a balanced diet, exercise, and plenty of sunlight. Make sure the supplements you're taking are under the supervision of a doctor. Here's the lineup:

- **Vitamin D.** Here in Illinois, it doesn't matter if you go outside a lot — you won't get enough Vitamin D from the sun alone. Vitamin D3 is an immune supporter that aids with acute respiratory diseases like COVID-19. We recommend adults take 2,000 to 5,000 IU a day with food.
- **Vitamin C.** Over a short period, Vitamin C is valuable in high doses. Long term, we recommend adults take 500 mg to 2,000 mg a day to stimulate antibody creation.
- **Vitamin E.** Adults can take 30 mg of this antioxidant a day.
- **Elderberry.** Elderberry is beneficial for upper respiratory symptoms. We recommend adults take one tablespoon four times a day when experiencing symptoms.
- **Andrographis.** Andrographis is an herb with antiviral effects against upper respiratory tract issues.
- **Curcumin & Turmeric.** They are anti-inflammatory and offer immune protection.
- **Echinacea.** Echinacea is an herb that can have antiviral effects.
- **Garlic.** Garlic promotes white blood cell production.
- **Astragalus.** This herb boosts the immune response.
- **Probiotics.** Probiotics benefit your digestive system and increase the number of good bacteria in your gut.
- **Possibly Beta 1, 3 Glucan.** Whole grains, oats, bran, wheat, and barley contain this dietary fiber. It can potentially build up your immune system, lower cholesterol, and improve heart health.
- **Other immune helpers** include Vitamin B Complex, Magnesium, Selenium, and Zinc.

THINGS TO DO

Stress can get a bad reputation. The truth is, your body is meant to handle stress.

But what happens when your stress level becomes unsustainable? Your body can no longer respond well, and it takes a toll on your organs.

At first, you might not notice the build-up. But after a while, you'll begin to show symptoms — like immune system problems. Then you're more vulnerable to getting sick.

Here's the good news: you can reduce your stress levels and odds of getting sick with these steps.

Practice stress-busting habits

- **Unplug daily.** Stay off news sites and social media for a little while every day. Although it's easier said than done, we can almost guarantee it'll be a game-changer.
- **Reach out to encouraging people.** Strong relationships can directly benefit your immune system, whether you connect with family, coworkers, or members of a club. Try making a goal of catching up with one positive person a week. Want to expand your social circle? Try a virtual Park District class, online MeetUp, or outdoor, socially distanced fitness class.
- **Don't be afraid to giggle.** It's true: laughing can support your immune system. According to Revere Health, "Laughing lowers levels of stress hormones while boosting white blood cells to fight infection."
- **Take time for yourself.** Read an engrossing novel, play a soothing song, walk around a forest preserve, or paint a canvas for fun. (It doesn't have to be a masterpiece!) Do any activity that makes you happy. Even 10 minutes of enjoyment will make a difference. Stress-busting pursuits strengthen your immune system and enhance your quality of life.
- **Learn to meditate.** Quieting your mind can have far-reaching effects. According to Revere Health, "Some studies have shown that people who meditate regularly may have healthier immune system responses." Try a meditation app like Insight Timer, Calm, or Headspace.
- **Try other meditation forms.** Not a fan of sitting still? Try moving meditation, also known as Tai chi. Alternative meditation types are walking meditation and daily life practice meditation. Find a style that works for you and practice it for 10 minutes a day.
- **Get counseling.** Many practices offer reduced fees and safe, convenient video appointments. During the pandemic, many insurance companies are covering teletherapy.

Sleep well

- **Keep a daily sleep schedule.** Getting enough uninterrupted sleep allows your body to recover from everyday stresses. Try to fall asleep and wake up at similar times each day. Avoid screens before you go to sleep.

Keep moving

- **Get physical activity.** Not only does movement improve your mental well-being, but it also assists your immune functioning. Rebounding exercises like jumping on a mini-trampoline will stimulate your lymphatic system, which is a part of your immune system.
- **Practice yoga.** Studies show that yoga may have an anti-inflammatory effect and serve your immune system.

Adjust ordinary tasks

- **Take fewer trips to the grocery store.** The less often you go to the store, the lower your COVID-19 exposure risk.
- **Freeze fresh fruits and vegetables.** Frozen fruits and vegetables are hard to find at many grocery stores during the pandemic. As an alternative, you can freeze fresh fruits and vegetables.
- **Try dry brushing.** This technique stimulates the lymphatic system and increases blood supply. Rub your skin with a soft brush before you take a shower. To further activate your lymphatic system, massage your chin and neck with your hands.

Next step: Free immune system treatment for new and current patients

We want to help you take your immune-boosting efforts to the next level. That's why we're doing a **free immune system evaluation and treatment** for all new and current patients.

We'll test for any immune system problems you may have — **even if you're not showing any symptoms**. Based on the results, we'll do an immune treatment to help boost your system's performance. Our free immune system treatment helps **both kids and adults**.

Our natural chiropractic approach helps with **low back pain, neck pain, weight gain, migraines, difficulty sleeping**, and many more sources of pain and discomfort.

Book your appointment by calling [REDACTED] or visiting our website

[REDACTED].

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