

Boost Your Immunity



Antioxidants

Beta-Carotene can boost immune function by increasing disease-fighting cells. Excellent sources include sweet potatoes, carrots, and leafy green vegetables. Vitamins C and E support the body's immune response by destroying free radicals. Get Vitamin C from red peppers, oranges, strawberries, broccoli, and other fruits/vegetables. Get Vitamin E from nuts, seeds, spinach, and broccoli.

Vitamin D and Zinc

Research shows that vitamin D can help protect against viral infections by reducing production of pro-inflammatory compounds in the body. American's tend to be low in Vitamin D. Get outside and get some sunshine eat day and include fortified cereals and dairy (including plant-based dairy) daily as well. Minerals such as zinc can help boost white blood cells which are the important defender against invading viruses and bacteria. Great sources include nuts, pumpkin seeds, beans, and lentils.

Sleep

Sleep allows our body to rest, recharge and defend. Insufficient restful sleep can limit your bodies ability to fight invaders. Have trouble falling asleep? Limit blue screens before bed and drink chamomile tea. Chamomile is not only loaded with antioxidants that can help your body fight invaders while you sleep, it also has properties that may aid in digestion that can help you sleep better.

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