

OPTIMIZING IMMUNE HEALTH

Overall Immune Health

- 1) **Decrease consumption of refined sugars and carbohydrates.** Sugar and refined carbohydrates raise your blood sugar. Elevated blood sugar lowers your immune system up to 75% for 4-6 hours. It also feeds pathogens like bacteria, parasites and fungi.
- 2) **Make sure you are getting enough rest.** Go to bed at a consistent hour. Getting enough sleep optimizes immune function.
- 3) **Stay hydrated.** Drink half your body weight in ounces of clean water, preferably natural spring water.
- 4) **Optimize Vitamin D.** You can do this in two ways: The first way is through sun exposure (10-40 minutes per day when the sun is strongest). The second way to get vitamin D is through the diet, either from foods like egg yolks, salmon, liver, mushrooms and spinach or from supplements.
- 5) **Optimize Stress levels.** High levels of stress increase cortisol. Cortisol suppresses immune function.
- 6) **Consume more Zinc and Vitamin C rich foods.** Both are vital for immune health.



MyFoodData

The Top 10 Foods Highest in Vitamin C

90mg of Vitamin C = 100% of the Daily Value (%DV)

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| 1 Guavas  419% DV (377mg) vitamin C per cup 112 Calories | 2 Bell Peppers  211% DV (190mg) vitamin C per cup 46 Calories |
| 3 Kiwifruit  185% DV (167mg) vitamin C per cup 110 Calories | 4 Strawberries  108% DV (98mg) vitamin C per cup 53 Calories |
| 5 Oranges  106% DV (96mg) vitamin C per cup 85 Calories | 6 Papaya  98% DV (88mg) vitamin C per cup 62 Calories |
| 7 Broccoli  90% DV (81mg) vitamin C per cup 31 Calories | 8 Tomato  61% DV (55mg) vitamin C per cup cooked 43 Calories |
| 9 Kale  59% DV (53mg) vitamin C per cup cooked 36 Calories | 10 Snow Peas  42% DV (38mg) vitamin C per cup 26 Calories |

Specific Recommendations for Viral Challenges

1) **Raw garlic 1-2 cloves per day.** The garlic must be raw, crushed, exposed to air for 10 minutes, then consumed.

Dr. Andrew Weil's story on *The Kevin Rose Show* (a podcast), released on 2/29/20, sheds light on the healing power of garlic:

In one Chinese county of the Shandong province – a county where most of the garlic in China is produced and in which there is very high garlic consumption – there was not a single confirmed case of coronavirus among the 1.3 million people who live there or the 30,000 residents who worked in Wuhan.

2) **Herbs Astragalus, Echinacea, Goldenseal and Chaparral.** Astragalus is a Chinese herb is a strong anti-viral. Its long-term use is okay, and it has been well-researched. Echinacea is a well researched herb supporting immune health. All four herbs have demonstrated anti-viral capacity.

3) **Healing foods.** These would include bone broth, lemons, limes, onions, Apple Cider Vinegar and ginger as well as healing mushrooms like shiitake, maitake, oyster and reishi. Virgin coconut oil is currently being studied in the Philippines as a functional food to potentially treat COVID-19.

4) **High Protease Supplements.** Hospitals in China have found that by using enzymes against Coronavirus, the virus becomes deactivated and prevents the virus from docking on the lungs.

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