

Immune System & Gut Health

The immune system thrives (or declines) through what you are physically putting into your body. A weak immune system often coincides with poor gut health and food choices. A healthy digestive system can help prevent germs from entering your body and doing damage. Long term, this can lead to autoimmune and other chronic diseases.

Effective ways to boost your immune system:

1. Eat a healthful diet centered around whole plant foods
2. Getting sufficient sleep, 7-9 hours nightly
3. Staying active, get outside and intentionally move your body for 30 minutes a day
4. Stay connected with a supportive network of friends, family, coworkers, and neighbors

Herbs to help soothe & heal gut tissue:

* Licorice
* Marshmallow
* Slippery elm
* Plantain
* Calendula
* Gotu kola
* Roses
* Bidens

Foods that support the immune system:

* Leafy greens
* Healthy fats
* Vitamin C
* Mushrooms
* Pungent aromatics: garlic, onion, ginger, horseradish, hot peppers
* Fermented foods: kimchi, kefir, yogurt, miso, sauerkraut
* Fluids: water, tea, broth, soup, miso

