

HOW TO SUPPORT YOUR IMMUNE SYSTEM NATURALLY



IN A NUTSHELL

A natural diet loaded with fresh seasonal fruit and vegetables, lots of leafy greens, herbs and spices, healthy fats, good quality protein will support and strengthen the immune system. **There is no substitute for a nutritious, balanced diet and exercise.** However, specific nutrients have been scientifically proven to have an immune modulating effect.

VITAMIN D3

In the UK, our oral vitamin D needs are increased in winter, due to the lower solar UVB radiation at this time of the year. Vitamin D3 is needed to support a healthy immune system. Present data also indicates that vitamin D deficiency increases the risk of acute airway infection.



Choose a D3 supplement.

VITAMIN C



Vitamin C is an essential nutrient which supports the function of both the innate and adapt immune system. The best dietary sources of vitamin C are fruits and veggies, including broccoli, citrus fruits, tomatoes, peppers and berries.

MAGNESIUM

Magnesium contributes to immune response, as well as over 300 chemical reactions within the body. Magnesium rich foods include dark leafy greens, nuts, seeds, legumes, broccoli, cabbage.



If you are considering supplementing with magnesium, go for Magnesium Citrate as this is the most bio-available form.

STRESS



Studies have shown that stress can have a detrimental impact on your immune system. **Please don't underestimate this.** Ensure that you dedicate time to de-stress every day whether that means meditating, reading, a gym session, having a bath or going for walk in nature, find what works for you.

REFERENCES

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4806418/>
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