



PERSONAL IMMUNE BOOST

Your immune system is responsible for keeping foreign invaders out and maintaining a healthy balance of cells in your body. So, where is the immune system located? Immune cells are found throughout the body in bone marrow, the thymus, lymph nodes, the spleen, tonsils and mucous membranes. These cells recognize invasive bacteria, viruses and other pathogens and respond with antigen cells to kill and remove those that do not belong.

1. **Start your day with a mug of warm lemon water.** Optionally, you can add a pinch of pink salt or even apple cider vinegar instead of lemon if you choose. Why? This cleans bacteria from your mouth and stimulates digestion. A healthy mouth and digestive tract doesn't make a home for bacteria that doesn't belong.
2. **Breathe deep and slow.** Diaphragmatic breathing flushes toxins from the lungs and stimulates proper gas exchange. This helps your blood carry oxygen to other tissues, including your brain so you feel less stressed and make better decisions.
3. **Add a fresh fruit or veggie to one meal each week, instead of frozen or processed.** We all know we need to eat better but life is busy and complex. Diets don't last, binging is often a reality and food should be more than just fuel. Take one small step at a time to create lasting change. Your body will thank you for it.

Ten Immune boosting foods to add to your diet: (organic is best)

1. Berries (blackberries, blueberries)
2. Fish or fish oil
3. Leafy greens (spinach, collards, kale)
4. Nuts and seeds
5. Hormone/antibiotic free poultry
6. Brightly colored vegetables (peppers, carrots)
7. Onions and garlic, Leeks
8. Mushrooms
9. Turmeric, curry, oregano, ginger
10. Fermented foods (yogurt, kimchi, sauerkraut)