8 Natural Ways to Boost Your Child's Immune System

Why read: Children get sick more in the fall-winter season. Use these natural immune boosters for kids to strengthen your child's immune system before the start of the school year to have a sickness free year.



Elderberry

- [ ] Elderberry extract is one of the best general immune system boosters out there. Give your child an elderberry syrup 2-3 times a year, especially before the start of a flu season.

Vitamin C

- [ ] Make sure your child eats 2-3 servings of vitamin C rich veggies and fruits - berries, citrus, kiwi, bell peppers, dark green vegetables - every day.

Zinc

- [ ] Zinc is an important immunity boosting mineral. Protein rich food - red meat, shellfish, legumes, eggs, nuts & seeds - contain zinc.

Water

- [ ] Keep your child well hydrated at all times. Juices, teas, soups do not make up for the recommended minimum 6 of glasses of water per day.

Probiotics

- [ ] Getting enough Vitamin D is vital for children. Not only does it strengthen immune system but also contributes to proper bone growth.

Bone Broth

- [ ] Bone broth is an excellent source of amino acids that help fight inflammation. It's a great preventative measure at the start of a flu season.

Garlic, Ginger & Spices

- [ ] Never underestimate the power of garlic, ginger and anti-inflammatory spices. These superfoods help to fight any type of virus attacks and infection.

Make and Share Free Checklists
checkli.com