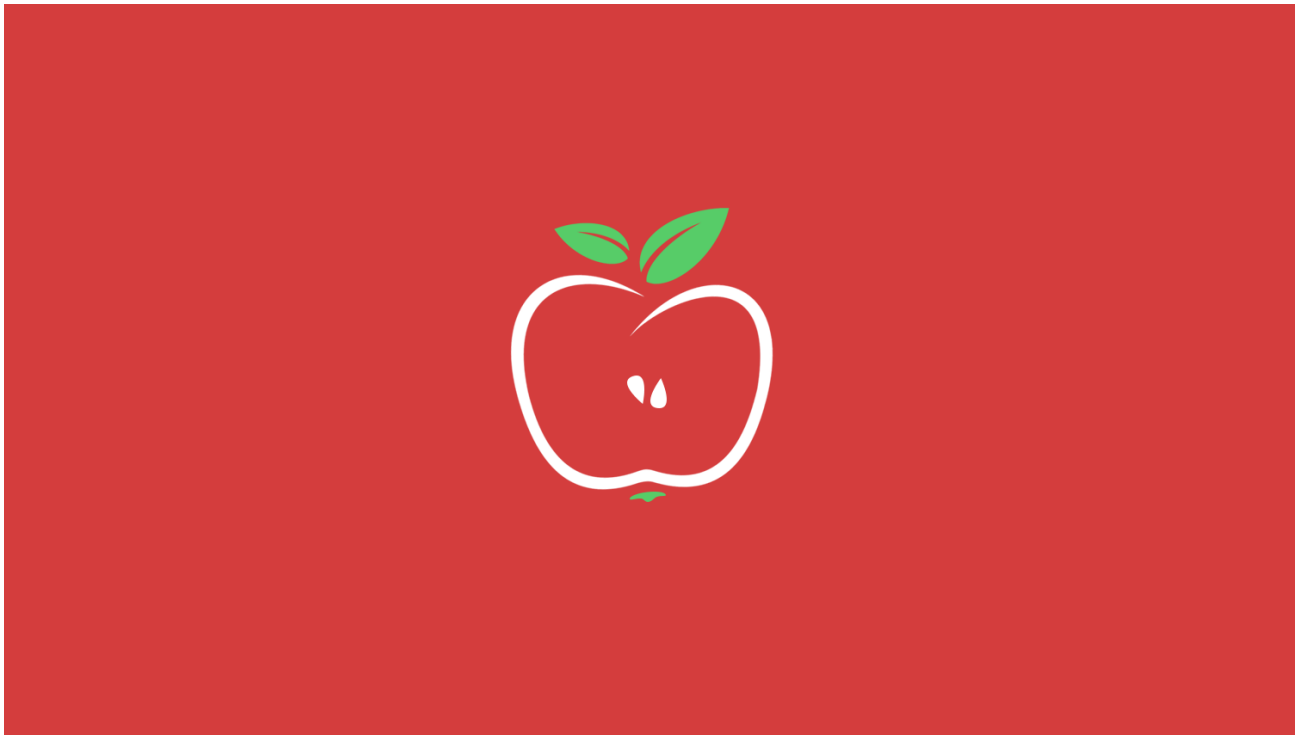
Natural Immunity Boosters

Natural Ways to Boost Immunity. Knowing the natural ways to boost immune system function can help you to decrease your chances of catching any cold or virus altogether. Find out which natural immune system boosters work the best, and which ones are a waste of time.



IMPROVE GUT HEALTH

- [ ] Eat lots of fermented foods that have prebiotics including kefir, yogurt, sauerkraut, kombucha, and kimchi. You can also eat these non-fermented prebiotics to help make your gut friendly: garlic, oranges, lentils, and even chocolate.

HEALTHY TONIC

- [ ] Make a tea mixture of ginger, honey, lemon, and turmeric. Each of them has been known to boost your immune system.

GET GOOD SLEEP

- [ ] The amount of sleep you get directly affects your immune system function, and your immune system affects the level of sleep you will have.

MOVE YOUR BODY

- [ ] Exercise increases your blood flow, which in turn, increases your white blood cell (WBC) count.

SUNLIGHT

- [ ] Absorbing the sunshine through your skin can strengthen your immune cells, and endocrine system, which is responsible for fighting off infections and viruses.

MANAGE STRESS

- [ ] Chronic stress releases an excessive amount Of cortisol in your body and suppresses your immune system function by interfering with your body's ability to produce white blood cells.

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