

# Positive Nutrition: Mind Body Spirit

## A mind body spirit approach to a flourishing life

Dear Family and Friends,

For those of you who don't want to read a long list, I've also created a basic bullet point sheet on immune support.

### **To support immune health**

- \*Get adequate sleep and first light exposure in the morning
- \*Eat a diverse, colorful, whole foods diet without added sugar or processed foods
- \*Try stress resiliency practices: meditation, yoga, breathing, time in nature
- \*Reduce alcohol
- \*Move every day
- \*Reduce exposure to toxicants
- \*Take a media break

### **Include specific foods to support immune health**

- \*Citrus
- \*Bell peppers
- \*Kiwi
- \*Berries
- \*Nuts/seeds of all types
- \*Broccoli, kale, Brussels sprouts
- \*Turmeric (w fat and black pepper), cinnamon, oregano, thyme, ginger
- \*Garlic, onions, leeks
- \*Green and black tea
- \*Prebiotic fibers/starches, green bananas, cooled potatoes, inulin, chicory, berries
- \*Adequate protein, wild fish, tofu, whey, poultry
- \*Orange vegetables like winter squash
- \*Fermented foods like sauerkraut, kimchi, yogurt/kefir, cacao

### **Potential Supplements: check with your healthcare provider**

- \*Vitamin C: 500 mg 2X per day
- \*Probiotics like L. rhamnosus GG to shorten recovery time for respiratory conditions
- \*Vitamin D3 supplements at 2-4,000 IU per day (important to check with your healthcare provider first as this is a fat soluble vitamin.
- \*Zinc: 15-30 mg/day (check with healthcare provider—do not take long term, needs to be balanced with copper)
- \*High quality fish oil
- \*Andrographis paniculata to reduce respiratory symptoms (herb—check with healthcare provider)

\*Liposomal glutathione or N-Acetyl Cysteine (NAC)

***This information is for education purposes only. I cannot diagnose or treat illness or injury.  
Please consult your healthcare provider before making changes to your diet/lifestyle.  
Please don't take supplements without notifying your healthcare provider.***

***Check the other sheet for references***