

FOODS AND  
PRACTICES FOR  
IMMUNE HEALTH



**WITH LOVE FROM  
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SIMPLE.  
PLEASURABLE.  
DELICIOUS.

# IMMUNE HEALTH

## FOODS, TIPS, AND PRACTICES


### GOOD FOOD

There are food groups like citrus and fermented foods that promote a well-functioning immune system. Did you know your body has more probiotics (healthy bacteria) than human cells? The bacteria deliver messages throughout the body, vital for immune response. Fermented foods like real miso, kimchi, tempeh, kombucha, apple cider vinegar, rejuvelac, natto, sauerkraut and more are bursting with these helpful little bugs. We need that beneficial bacteria to thrive!. There is so much that food can offer us when keeping a healthy defense. Here are some other foods, supplements, tips, and practices that will keep you on guard and healthy. Enjoy!

#### Tip #1:

First and foremost is vitamin D. Vitamin D is primary to your immune health, it modulates your body's immune responses. I recommend having your levels tested, optimally you should see 40-60ng.


#### Citrus (Vitamin C)

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- Smelling therapeutic grade lemon essential oil can help with depression and boost immune function
  - Those living in polluted areas need more
  - If cigarettes are in your life, depletes **vitamin C**
  - Processed foods deplete **vitamin C**

#### Organic Unrefined Coconut Oil

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- Blended with organic coffee or green tea can help with blood sugar, brain function and gut health which in turn supports immune function
  - Highly nutritious
  - Anti viral
  - Anti bacterial
  - Anti fungal

#### Ginger

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- Zaps nausea
  - Helps fight cold and flu
  - Perfect travel buddy
  - Combined with artichoke helps gastric motility
  - Add to tea or juice
  - Add **Fibergy** and **Enzyme**

#### Tip #2:

By spending time in a sauna (infrared when possible!), along with sweating for helpful detoxification you can also expect to feel more relaxed, sleep better and find relief from sore congested muscles. As the body's core temperature rises, the heart rate quickens, nearly doubling the amount of blood it pumps each minute, improving blood circulation. Healthy blood circulation is especially important while cleansing as the blood carries toxins to the liver for processing. Which brings me to the queen bee of immune supplements: **Hepasil!**



## Hepasil

Hepasil is a supplement that supports liver function and helps make glutathione. Glutathione is an antioxidant, in fact the most powerful antioxidant in your whole body. Hepasil also fights free radical damage, manage stress, and regulate cholesterol. It also handles the toxin load by supporting your body to recycle more vitamin C and glutathione.

### Tip #3:

The things you practice now impact your future self by strengthening your immune system, your microbiome and pretty much every thing else in your life. Relationships of all kinds rely on the ways we develop and deepen self caring practices. Laughing in the company of those you love has a number of benefits for your immune system.

## IMMUNE SUPPRESSING FOOD

### Processed Sugar

- Reduce artificial sugar intake
- Can reduce white blood cell ability to kill germs by 40 percent!
- Lasts up to 5 hours
- Depletes nutrients, especially zinc, which is needed for immune function

### Wheat

- Suppresses immune.
- Can change gut lining
- Intestinal permeability
- Different today than what we ate years ago
- There are great **gluten-free grain alternatives!**

