



HOW TO STRENGTHEN YOUR IMMUNE SYSTEM

A PUBLIC SERVICE EDUCATION BOOKLET



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Disclaimer

The provided information is for informational purposes only and should not be construed as a substitute for professional medical advice. Always seek the advice of your physician or other qualified healthcare providers with any questions you may have.



Introduction

One result of the coronavirus pandemic is that people are correctly putting more emphasis and importance on the strength of their immune systems. The reason for this is that data shows that people with strong and healthy immune systems are either not getting symptoms at all, or are able to overcome the illness.

We are offering this booklet as a public service education tool, with information on how you can strengthen your immune system. We hope you find it helpful.



Staying Healthy

Most of America is heeding the guidelines to shelter in place or self-isolate to contain the spread of the COVID-19 virus. In addition to these containment actions, we should also be looking at how to strengthen our immune systems, so that our bodies are better equipped to fight infections and recover.

“This is a viral pneumonia. Antibiotics are of no use. The antiviral drugs we have will not work and there is currently no vaccine. Recovery depends on the strength of the immune system” CDC

Researchers at the Peter Doherty Institute for Infection and Immunity in Australia analyzed blood samples from a previously healthy 47-year-old woman who contracted COVID-19 and found that her recovery was due to an unexpectedly strong immune response.

Even though COVID-19 is caused by a new virus, this showed that in an otherwise healthy person a robust immune response is associated with clinical recovery.



How to Support Your Immune System

The most effective way to strengthen your immune system is to embrace a healthy lifestyle:

1. Don't smoke. If you are a smoker, now's the time to quit!
2. Eat a diet of whole foods, rich in good protein, fruits and vegetables. Avoid fast foods, highly refined foods, and sugar.
3. Exercise regularly. Find a form of exercise that's easy and pleasant to do. Even though the gyms are closed you can still go for a walk or put on some upbeat music and dance for 20 minutes in your house. Not only will it boost your immune system, the music will give your mood a lift too!
4. Keep alcohol consumption to a minimum.
5. Get plenty of rest – aim for 8 hours sleep a night.
6. Increase personal hygiene – wash your hands after each visit to the bathroom and every time you handle food. Sanitize your phones and tablets.
7. Minimize stress – easier said than done in these challenging times, but there are many ways you can destress and relax. Deep breathing is one. Getting organized and planning for the future is another.



Supplements that Support Immune Health

Vitamin C

Vitamin C has long been the number one choice to support immune health. Several media reports have highlighted the fact that some hospitals overseas and in the US are treating the virus with Vitamin C. Note that every person has a different tolerance for Vitamin C. When you have had too much you will get loose bowel movements. So, it's best to take an easy to absorb, timed-release version (called liposomal C).

Vitamin A is involved in the development of the immune system and plays a regulatory role in cellular immune responses and processes. It's demonstrated a therapeutic effect in the treatment of various infectious diseases.

Vitamin D

A Vitamin D deficiency can affect the immune system and create an increased susceptibility to infection. Vitamin D was used to treat infections such as tuberculosis before the advent of effective antibiotics. Cod liver oil, a rich source of vitamin D, has also been employed as a treatment for tuberculosis, as well as for increased protection from infections.



Supplements that Support Immune Health

Probiotics

Probiotics are live microorganisms that can be found in fermented foods or taken in supplements. Probiotics may help give your immune system a boost and inhibit the growth of harmful gut bacteria.

Elderberry

The berries and flowers of elderberry are high in antioxidants and vitamins that may strengthen and support your immune system. They can help reduce inflammation and lessen stress.

Echinacea

Echinacea has been traditionally used in herbal preparations to help enhance healthy immune system function, support upper respiratory tract health, and help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants.

Zinc

Zinc is an essential trace element that is crucial for growth, development, and the maintenance of immune function

Beta Glucans

These supplements help the immune system to start producing white blood cells early, which adds to the immune system's overall defences.



We're here to help you through the crisis

If you need assistance with your diet or supplements, please don't hesitate to call our office. We're here to help and support you, so you and your family can weather this challenging situation.

During this stay-at-home period we're offering nutrition help and coaching via online meetings or phone calls.

The best way to discover the correct diet for your body and your immune system is to see a Nutrition Response Testing® practitioner and get tested. You'll get a personalized nutrition program prepared specifically for your body's needs.

When your body gets the exact nutrients it needs, it can start to heal itself.

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