

Immune support for cold and Flu season

Many of us are trying to bolster our Immune system during this season of colds/flu. Here are some tips to do so:

-Reduce inflammation as is possible so our body can conserve resources for when necessary- i.e. get a check on chronic conditions like high blood sugar or diabetes, overweight/obesity, autoimmune issues, high blood pressure or heart disease etc. I'd be happy to help in assessing and offering a functional medicine approach to this or a health coach or nutritionist are other options

-Get enough sleep (7-8 hours is recommended) – it's our bodies "rest and repair" phase.

-Adopt a relaxation tool or 2 if you're not already using- i.e. meditation, prayer, abdominal breathing, yoga, progressive relaxation etc. This helps reduce adrenal stress hormone production (i.e. cortisol release)

-Adopt an anti-inflammatory diet -you know- whole foods, mostly plant-based, unprocessed, low on added sugar- strive for the "rainbow of colors" as these phytonutrients help reduce inflammation and have antioxidant activity. Try to incorporate healthy fats (olive and flax oil, avocados, nuts/seeds if you don't have sensitivities) and cruciferous veggies (i.e. broccoli, Brussel sprouts, cauliflower etc.)

Basic Supplements for Immune system support

-A quality Multivitamin (to help fill in the gaps along with an anti-inflammatory diet)

-Vitamin D3 2000 IU/d- higher dose may be needed, aim for serum level around 50

-Zinc- chelate (attached to amino acid) for enhanced absorption is a good form or lozenge- avoid nasal zinc as this can lead to loss of smell.

-B complex- helps support the adrenal glands which produce stress hormones (look for active folate containing or 5-MTHF)

-Magnesium: Can be helpful for sleep (and can increase melatonin!), muscle relaxation and needed for hundreds of reactions in the body. According to the WHO ¾ of us don't meet the RDI (recommended daily allowance) for magnesium

-Vitamin C- an antioxidant and with added bioflavonoids for enhanced antioxidant activity