The Ultimate Immunity Booster Checklist

Are you taking care of your immune system? Taking care of our immune system is one of the most important things we can do for our bodies. It can help protect us again illness and viruses like the common cold, flu, pneumonia, and covid-19.



- [ ] DRINK PLENTY OF WATER THROUGHOUT THE DAY

  Not only does water keep you hydrated and gives your cells and tissues the nutrients they need, you immune system also relies on water to flush out germs and waste materials.

- [ ] GET ENOUGH SLEEP

  Sleep deprivation makes your body vulnerable to a lot of infectious agents. You should try to get seven to eight hours of sound sleep a night to help boost immunity.

- [ ] EAT A WELL BALANCED DIET

  Less processed foods and foods with sugar. Increase the intake of vegetables, fruits, nuts and seeds into your diet. Also eat foods with healthy bacteria and foods that are high in fiber.

- [ ] COOK WITH GARLIC

  Garlic is an immunity booster. It has antiviral, antibacterial and antimicrobial properties

- [ ] EXERCISE

  Exercising can help your body flush out germs which can reduce your chances of getting sick. It also helps relieve stress and stress hormones can also make your ill.

- [ ] TAKE VITAMIN C DAILY

  Taking vitamin C daily can improve your defenses against pathogens and are critical for your immunity.The nutrients in vitamin C can help defend your body against illnesses such as the common cold, pneumonia, and respiratory tract infections. You can also eat foods that are high in vitamin C to help boost your immune system.

- [ ] TAKE ZINC DAILY

  Taking zinc daily can improve your defenses against pathogens and are critical for your immunity. The nutrients in zinc can help defend your body against illnesses such as the common cold, pneumonia, and respiratory tract infections.

- [ ] TAKE VITAMIN D DAILY

Taking vitamin D daily can help increase your body immune system. You needs around 10,000 units per day. You can also eat foods that are high in vitamin D.

- [ ] HAVE TEA WITH GINGER

  Ginger can help with reducing inflammation in the body along with helping digestive issues.

- [ ] MANAGE YOUR STRESS

  Try practices like deep breathing, mediation, and yoga a few times a week.

- [ ] DRINK LESS ALCOHOL

  Alcohol deplete your immune systems. Should only be used in moderation.

- [ ] NO SMOKING

  Smoking not only affects you lungs but weakens your immune system.

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