

## Healthy Immune Function Why Balance Matters

We know there are a lot of people who are waiting for a vaccine for Covid-19 to rescue them and help them feel better. Unfortunately, according to the experts, a vaccine will not be available until next year, if then. The first step in conquering your illness is to recognize the symptoms.

### Here are 10 Ways You are Throwing Your Immune System Out of Balance

You are:

1. Constantly Stressed.
2. Overscheduled.
3. Sleep Deprived.
4. Overweight.
5. A Smoker.

You:

6. Eat An Overly Processed Diet Full Of Sugar And Refined Carbohydrates.
7. Are Not Physically Active.
8. Do Not Laugh Often Enough.
9. Do Not Spend Time With Friends.
10. Do Not Look For The Bright Side Of Life.

*Please understand that the older you get, your defenses and immune system become slower to respond to threats.* As a result, you're more susceptible to infection and you may heal more slowly. What's more, vaccines may not work as well or protect you for as long as they did when you were younger.

*Our ultimate goal is to keep your immune and respiratory systems in balance,* not to boost it or suppress it. Adopting a diet filled with nutrient dense foods, incorporating moderate physical activity into your daily life, managing stress, and getting six to nine hours of quality sleep each night can support a healthy immune response. Another alternative is to utilize nutrients in the form of dietary supplements. The following have been shown to effectively balance immunity on a number of levels:

**Ashwagandha** is antioxidant rich adaptogen that supports healthy adrenal function. It is used to relieve anxiety, fatigue, and helps balance the immune system by reducing cortisol levels.



**Chaga** is a medicinal mushroom that stimulates the immune system that boast antioxidant and anti-inflammatory. It is a type of fiber that response to bacterial infection.



**Maitake** is a mushroom high in beta-glucan. It helps fight infection by stimulating your immunity (*cancer patients undergoing chemotherapy*).



**Shiitake** is another mushroom high in lentinan. It provides antiviral activity against respiratory viral infections, herpes, and influenza.



**Rose Hips** are a great natural source of vitamin C. It has been shown when regularly taken it reduces the duration of a common cold.



### Marshmallow Root Tea Reduces Dry Cough



### Some Foods That Boost Immunity

Berries



Water



Broccoli



Kale



Avocado



Garlic



Thyme



Basil



Sweet Potato



**So, Let's Empower Ourselves And Stay Healthy.**

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The Beulah Community Family Life Center - June's Nutrition Class

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