



Immune Support

Quick guide

Here are some of my favorite go to remedies, tips and tricks for keeping the whole family healthy during cold and flu season.

(I've included links to some of my favorites - thank you for supporting my small business!)

First of all, your immune system will function the best if you support your overall health through some important foundational practices:

Avoiding sugar

Sugar consumption can suppress your immune system for 4-6 hours. Though many of us reach for the pumpkin spice lattes, chocolate bars and other comfort foods during the colder months, this makes your body much more vulnerable to illness. Herbs like **tulsi** and **cinnamon** can help curb sugar cravings and stabilize blood sugar.

Getting enough sleep

Being well rested is a much overlooked aspect of good health. Most of us aren't getting the amount of sleep we need - and both innate and adaptive immune activity increases during sleep! Sleep is also essential to illness recovery.

Eating nutritious food

Dos:

Consume wholesome whole foods, grass-fed and organic meats, lots of leafy greens and colorful vegetables and fruits, fermented foods, bone broth and healthy fats.

Don'ts:

Eat processed foods, sugars and refined carbohydrates, chemicals, additives and preservatives, or inflammatory oils like canola, vegetable, corn and soy oil, etc.

Movement

Your body relies entirely on movement in order to circulate your lymphatic system. Your lymphatic system is vital for clearing waste, building immune cells, and more. So make sure you are moving your body every day!

Herbs:

- **Elderberry** - a favorite immune boosting herb, particularly effective against cold and flu viruses. Delicious when made into elderberry syrup!
- **Garlic** - A powerful anti-microbial herb and circulatory stimulant. Helpful both for prevention and for fighting illness. The more garlic in your life, the better.
- **Thyme** - Wonderful anti-microbial, easy to find and use. Make it into tea or throw it into a boiling pot of water and inhale the steam to get the maximum effect in the respiratory tract.
- **Goldenrod** - A multi-faceted herb, during cold and flu season goldenrod is very helpful for drying up mucus membranes and stopping a drippy nose.
- **Astragalus** - Immune boosting adaptogen - helps your body to fight illness and especially to recover after illness

Essential oils and blends:

- **Thieves** - Classic immune system supporting blend, can be used topically to support the body as well as diffused in the air to promote a healthy environment. Smells like winter holidays!
- **Lemon** and **orange** - Wonderful cleansing oils for supporting the body in fighting illness and detoxing. Can be diffused into the air, applied to lymphatic points or added to Epsom salts for a detox bath.
- **Raven** - Excellent blend for respiratory support, inhaled directly from the bottle, diffused into the room or diluted and rubbed onto the chest. Contains respiratory support favorites like eucalyptus, ravintsara and peppermint.

Supplements:

Probiotics: MightyPro powder or Life 9 capsules

Gut health is closely connected to our immune systems and is one of the most important foundational areas to work on!

Vitamins and minerals:

Vitamin C - important immune boosting vitamin

Vitamin D - most in the northern hemisphere are deficient in vitamin D. Studies have shown Vitamin D is absolutely vital to our immune system

Kids' multivitamin - a great baseline supplement to make sure your kids are getting what they need!

Immunogummies - formulated with elderberries and full of anti-oxidants, these delicious gummies will be a hit with the whole family!

'Feeling under the weather' protocol

- Drink as much water as you can to flush out your system and support your body's natural healing abilities
- Prioritize rest
- Take time for a daily detox bath - put 5-10 drops of lemon or orange essential oil in a cup of Epsom salts and dissolve in the warm water
- Diffuse Thieves essential oil and roll diluted Thieves on your spine, wrists and bottoms of feet
- Up your Vitamin C and D doses significantly for the first few days
- Take 2-3 tablespoons of elderberry syrup every 2 hours
- Take 2 shots of fire cider a day as needed
- Get garlic into your system any way you can - fire cider, cooked in food, make garlic tea, or cut into pill-sized pieces and swallow raw
- Drink appropriate teas for your symptoms (cinnamon for scratchy throat, goldenrod for runny nose, mullein for dry hacking cough, thyme for general anti-microbial support, chamomile and ginger to soothe the stomach and relax tension, etc)
- Drink bone broth, eat soup and other gentle, nourishing foods

Elderberry Syrup Recipe

Elderberry syrup is a versatile, delicious immune boosting remedy. Enjoy a few tablespoons a day during cold and flu season, or take 2-3 tablespoons every few hours during an illness.

Ingredients:

- 1 cup of dried elderberries
- 4 cups of water
- 2-4 whole cinnamon sticks
- 2 inch knob of fresh ginger, diced or grated.
- Rose hips as desired (optional)
- 2 cups of raw honey

Directions:

- Add herbs to water and bring to a boil, then simmer uncovered for 45 minutes. The liquid should be reduced by about half. Turn off heat and let sit and cool until close to room temperature.
- Mash berries with the flat side of a spoon or potato masher to release excess liquid, then strain with cheese cloth and transfer to a mason jar.
- Add honey and stir until fully incorporated.
- Label and store in refrigerator for a month or two

Doubling the amount of honey or adding 1/2-1 cup of vodka or brandy will make it shelf stable, otherwise it needs to be refrigerated.

Fire Cider Recipe

There are many variations to this traditional recipe, so make it however you like! It is basically an herbal infused vinegar filled with germ fighting and immune stimulating herbs. Feel free to experiment with ingredients and amounts to your own taste, but here's a good baseline recipe to start with:

Ingredients:

1/4 cup of chopped onions

1/8 cup chopped garlic

1/8 cup chopped or grated ginger

1/8 cup chopped or grated horseradish root

Cayenne pepper to taste (can be powdered, dried, fresh, etc). Don't add so much you can't drink it, but you need enough to taste it!

Honey to taste

Apple Cider Vinegar

Other optional ingredients:

Cinnamon sticks, echinacea root, lemon wedges, rose hips, turmeric, etc.

Directions:

- Add ingredients to an appropriately sized mason jar, mostly filling the jar about 3/4 full.
- Pour in Apple Cider Vinegar, filling completely to the top
- Store in a cool, dry place for 3-4 weeks
- Strain out ingredients and enjoy!
- Will keep in a cool dark place for several months, but best to store in the refrigerator to make it last. Enjoy a shot a day, or take more often as you feel illness coming on