

Sarah's Healing Touch for Women

10 Tips to Boost Your Immune System



It is so important to have strong immune systems. Did you know that if your immune system is high then you cannot get sick! Here are some tips to not only help boost up your immune system but also some suggestions if you are already sick or starting to feel a cold coming on.

1.) Start incorporating a garlic clove a day into your diet. Raw garlic is very antiviral and antibacterial, in fact 3 cloves of garlic is equivalent to 1 antibiotic! In order to get the full benefits eat it raw

and crush it so that it can activate more of the antibiotic effects. An easy way to give garlic to children is to have a clove of crushed garlic on a spoon with raw honey. You can also put several cloves, crushed on toast with butter (coconut oil, ghee) or make some raw hummus and guacamole to enjoy! If you are already experiencing sore throat or have strep throat then take 1 T. raw honey, 3-4 cloves garlic pressed, 1/6 t. cayenne. Mix and eat and wait 30 minutes before drinking any liquid. The honey will stick to the throat and soothe and also is very antiviral, antibacterial and has over 5000 live enzymes, the garlic acts as the antibiotic and the cayenne will increase blood flow and bring healing.

2.) Make sure you are getting plenty of Vitamin C! Many people already know to take this, but they often do it in pill or powder form. While this may have some benefits, it's far better to eat plenty of fresh fruits and vegetables that are naturally high in vitamin C.

- papaya
- broccoli
- bell pepper
- strawberries
- broccoli
- pineapple
- kiwi fruit
- oranges
- cantaloupe
- lemon juice
- cauliflower

Here's the only catch: eat these foods fresh and raw. Not that there's anything wrong with enjoying them cooked as well, but if you want to get as much vitamin C as possible, raw is best. Vitamin C is very fragile and easily lost through exposure to light and heat.

3.) Get some extra sleep. A well-rested body is one with a higher capability to fight off potential infections and viruses. Even if you are struggling to get enough sleep most nights, be creative and find ways to grab some extra rest when you can. Maybe it's an afternoon nap here and there, one extra early bedtime each week. Sometimes just that additional bit of sleep is exactly what your body needs to stay strong.

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4.) Cut back on sugar. Sugar really does do a number on our immune system! I've actually had times when I have enjoyed a dessert (knowing I probably should have said no) and literally began to feel my throat get sore and my lymph nodes get tender within 30 minutes of eating it. Even if you don't notice it like I do, sugar really does depress your immune system that dramatically.

I'm not saying you have to go off of all sweets what I'm really saying is to be mindful of your sugar consumption, and particularly if you feel yourself dragging or you know that you've been exposed to something, stay off of it for a couple days to give your body the best chance to fight things off. Also try and start cooking and experimenting with alternative sweeteners agave, raw honey, stevia...just to name a few. The more you cut refined sugar out of your diet and choose natural sweeteners for those sweet tooth moments the more your taste buds will start to change and you will start to not even want some of the regular sugary treats you once craved! Remember though this does not happen overnight and takes discipline so be patient with yourself and seek out a friend that will go along side you with your no sugar challenge or even just support and cheer you on!

5.) Nurture a healthy gut. Did you know that 75-80% of the immune response is actually based on the health of your gut? That's huge! Which means that keeping your digestion system functioning at its peak should be a priority.

The best ways to enhance digestion are to cut back on sugar, eat whole foods instead of processed foods, and add high in beneficial bacteria foods (like yogurt) to your diet.

I strive to drink this simple digestion drink daily that not only helps with digestion but also helps with acid reflex and irritable bowel syndrome. You take 1 T. raw honey, 1 T. Braggs Raw Apple Cider Vinegar, 1/6 t. of cayenne, Boiling distilled water. Combine the ingredients and pour the water on top and stir. Make sure you sip this drink and not gulp it down! Another thing that really helps with digestion and viral problems is juicing 3 green apples and 1/2 inch of ginger. This will not only be tasty but very helpful in killing any virus infection and soothing your tummy.

6.) Soak up as much sun as you can. Before it leaves us for much of the winter, now is the time to soak up as much sun as you can get! It has been well documented that vitamin D, which is formed in our body through exposure to sunlight, is crucial for maintaining a strong immune system.

I was surprised to learn this year that (particularly for those in less sunny regions, like the Pacific West Coast), it can take up until about September for our vitamin D levels again to become optimal after the winter! That's why it's important to take as many opportunities as you can to boost your levels, and then once fall settles in, go out again whenever the sun shows its face. Tough assignment, huh? Go play in the sun. To keep vitamin D levels high throughout the gray parts of the year, cod fish oil is my preferred method for supplementing.

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7.) Drink a quart of Red Raspberry Tea a day. Red Raspberry is just one of those amazing herbs that everyone, especially women should be drinking every day. It is well known for strengthening a person's immune system. It also helps with inflammation problems which will help relieve pain and bring healing to your joints. It increases your circulatory system and helps prevent and protect your body from harmful cancers. It is very high in antioxidants and is well known for strengthening and toning the female reproductive organs which help with PMS, Pre/During/Post Pregnancy.

Besides drinking it in tea form I have used it also in powder form by taking it in capsules or adding it to my green drinks. I have also taken either a teaspoon or tablespoon full and mixed it in apple sauce. It is a tasty snack we often like to eat! :)

8.) Use essential Oils! I use oils often in our house not only when I am giving massages but in our everyday use. For boosting the immune system or treating colds I especially like to use essential oils. I like to rub these oils on the feet and chest and also use them in a diffuser. You can also take the bottle and do deep breathing with them. Putting the oils on your feet with some olive oil and then putting socks on is very helpful because whatever you put on your feet absorbs into your blood stream within seconds. For sickness and prevention of sickness I like to use Oregano, Basil, Rosemary, On Guard (blend), Peppermint, Breath (blend), and Lavender. All of those oils are very antiviral, antibacterial and soothing.

9.) Dry Brush!! Seriously this is the cheapest and easiest thing a person can do while getting amazing results! Dry brushing will not only boost your immune system and make you feel great but your skin will start to glow! Please go to my article labeled Dry Brushing Technique (also located under Healthy Living) to get a complete list of benefits and instructions.

10.) Drink your water! We all know this one and how important it is yet all of us (including myself) put it off and don't do it half of the time. Water not only helps keep your systems clean and flowing by flushing out the toxins and keeping your immune system up to speed but it has many other benefits too. To just name a few it can help you lose weight, increase energy, give you glowing skin, boost mood and brain power, take away and help with pain, bust breakouts, fight disease, relieve a sore throat, and lower stress. Water really is amazing! Add a lemon to your water for extra zest and to get even more health benefits! One thing that helps me drink more water is to have two 64 ounce jugs on my kitchen counter. My goal is to drink both of them in one day. Sometimes I am lucky to just get one of them gone but it helps me because not only are they sitting there reminding me but they show me how much I have really had for the day.

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