

# Connect4Hope with Masami Covey on Boosting Your Immune System

Episode 1 - March 19, 2020

## The Immune System

- ❖ The immune system is the body's defense against pathogens, including virus, bacteria, fungus, parasites and other foreign bodies
- ❖ 70-80% is located in our gut / intestines

## How to Keep our Guts Healthy

- ❖ Eat easily digestible foods (soups, blended foods)
- ❖ Skip snacks between meals – gives your digestive system an opportunity to rest, repair, detox and regenerate when not putting energy into digestion

## Food Sources of Immune-Boosting Vitamins & Minerals:

- ❖ Vitamin C: Citrus fruits (e.g. lemons, limes, pomelo, kiwi), broccoli, red pepper, black currant, berries
- ❖ Vitamin E: Nuts, seeds, green leafy vegetables
- ❖ Selenium: Vegetables
- ❖ Zinc: Red meat, oysters, some nuts
- ❖ Vitamin D: Sunlight (10-20 minutes per day), *healthy* fats (cod liver oil, butter, coconut oil, ghee, olive oil)
  - Note: Olive oil is a very delicate fat that loses its health benefits when heated; should NOT be used for cooking
- ❖ Vitamin A: Carrots, egg yolks, fatty meats, fish, liver
  - Absorbed better when eaten with healthy fats

## Unhealthy Fats to Avoid

- ❖ Canola oil
- ❖ Soybean oil
- ❖ Vegetable oil
- ❖ Corn oil
- ❖ All oils made with genetically modified ingredients

## Follow the Four S's

- ❖ No sugar
- ❖ Minimize stress, in all its forms
- ❖ Plenty of good sleep
- ❖ Slow down

## Additional Lifestyle Recommendations

- ❖ Sinus rinse
- ❖ Laughter
- ❖ Gargling
- ❖ Social contact (e.g. phone calls when social distancing)
- ❖ Unplug WiFi at night
- ❖ Practice gratitude
- ❖ Filtered water
- ❖ Love
- ❖ Good quality sea salt
- ❖ Deep breathing

## Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Thank you to our event sponsor!