

# Boost your immune system by going back to basics

"Can you please help me boost my immune system?"



**Benoit Turpin**  
HEALTHY LIVING,  
NATURALLY

Let me guess. How many times has this question been asked when people walk into our health food store?

I can understand that folks want a quick and easy answer and have us identify one or two supplements or tinctures and be on their way out.

You could call it the "quick-fix" mentality.

Well, I normally turn around and ask them whether they would expect their car to be in tip-top shape without using good gasoline and having regular maintenance performed on it. Guess what? It is the same with

our bodies. We can't enhance our immune system in a durable fashion without going back to basics.

### Plenty of water, veggies and sleep

Going back to basics means drinking plenty of clean alkaline water (6-8 tall glasses) in between meals; eating balanced meals with plenty of raw vegetables and fruits; and getting enough restful sleep each night to restore the body. It also means some level of moderate exercise to keep our blood flowing (sometimes, it only takes parking the car a little farther away or using the stairs instead of taking the elevator) and getting plenty of good oxygen by spending time outdoors instead of being cooped up inside (especially on weekends). Sticking to basics also means that our waste elimination pathways are working fine: colon (2-3 bowel movements per day), kidneys,

lungs, liver and skin. If we do not eliminate waste, it's the same as never changing the engine oil on a car ... eventually things start malfunctioning and breaking down.

### Get acquainted with friendly bacteria

Once we have our basics covered, then we can start focusing on enhancing our immune system. Our first step is the gut: Proper intestinal flora is our first line of defense. That means having a good ratio of friendly bacteria; they're also called probiotics and are composed primarily of bifidobacterium and lactobacillus strains. Since we also want to keep these good bugs healthy, we need to feed them (and us) with plenty of soluble fiber through our diet.

Second step is giving our body extra nutrients: plenty of vitamin C (it is better to take smaller doses more often

throughout the day, rather than one large dose), vitamin D3 (2,000 IU) either as a separate supplement or better yet, from a very pure source of cod liver oil, additional doses of zinc (50 mg) and selenium (200 mcg). As the body is fighting off intruders or getting ready to do so, provide it with some good quality amino acids from hormone-free and antibiotic-free whey protein isolate processed at low temperature.

### Round up 'the usual suspects'

Finally, to give your immune system that extra boost, one may now focus on the usual suspects: echinacea, goldenseal, astragalus, andrographis, germanium and the various mushroom varieties such as shiitake, maitake, cordyceps and reishi.

From a food standpoint, focus on fruits and vegetables that are high in vitamin C and bioflavonoids; drink plenty of herbal

teas with the aforementioned herbs and some thyme and rosemary, add some elderberries to switch things around. Use ginger to spice things up and local raw honey here and there throughout the day.

Think plenty of positive thoughts. Surround yourself with positive and uplifting scents (find an essential oil that works for you). Smile a lot more often and ... turn the TV off! Negative energy never helps. Boosting your immune system is not all that hard. It simply requires a little discipline on a daily basis.

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