



Supporting Your Immune System

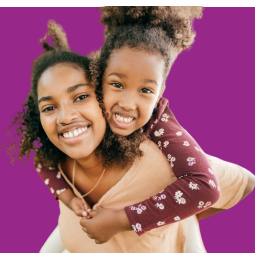
Foods to Boost Your Immune System

A well-balanced diet full of nutritious foods can be your body's strongest line of defense when it comes to fighting off disease. Here are 10 foods that can boost your immune system:

When something enters the body, such as the flu virus, it triggers an automatic response to help you heal. When your immune system is strong, your body is better prepared to fight off sickness. But sometimes, it fails—a germ successfully invades and makes you sick. So how do you optimize your body's chances of fighting back?

- **Move Your Body:** Consistent physical activity improves heart and lung function, which boosts your immune system.
- **Take Sleep Seriously:** Your body produces certain proteins that fight off infection and inflammation that are released while you sleep.
- **Reduce Stress Levels:** Constant stress can cause your body to release too much cortisol (stress hormone), suppressing the immune system.
- **Get Your Vaccines:** Consult with your doctor to see what vaccinations you're eligible for to help strengthen the body's fight against infections.

- **Berries**
- **Fish Oil** (fish with high Omega 3 fatty acids - salmon, tuna, mackerel)
- **Leafy Greens** (spinach, kale, collard greens)
- **Nuts and Seeds** (almonds, walnuts, sunflower seeds)
- Spices (garlic, ginger, turmeric, zing)
- **Citrus Fruits** (oranges, lemons, tangerines, grapefruits, limes)
- Poultry
- **Brightly Colored Vegetables** (red peppers, carrots)
- **Olive Oil**



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment and access to care through education, programming and advocacy. Learn more at balmingilead.org

The Balm In Gilead supports your health journey. The content we share is for informational purposes only and is not a substitute for medical advice. Always consult your doctor or qualified healthcare provider. Additionally, any medical professionals contributing their general expertise are not providing personal medical care or forming a patient-provider relationship.