

**1). Drink Lemon Water** - Helps maintain the body's pH balance which fights off viruses and bacteria

**2). Eat More Herbs** - Fresh, dried or ground herbs have soothing and healing properties for illness and injury.

**3). Get 7-9 Hours of Sleep** - Sleep is linked to hormone balance and improved immune function

**4). Eat Fewer Carbohydrates** - Protein is an important building block for a healthy immune system and blood sugar management.

**5). Drink 1/2 Your Weight in Water** - the body uses water to flush out toxins and other by-products. Drink 1/2 your weight in ounces



**6). Drink Less Caffeine** - Caffeine dehydrates you which depletes the body of vitamins and minerals. This can weaken your immune system.

**7). Eliminate Added Sugar** - refined sugars disrupt your gut health which can interrupt healthy immune response.

**8). Eat More Fruits and Veggies** - load up on vitamin and minerals to boost immune function

**9). Spend Time Outside** - fresh air and sunlight exposure for 15-20 min per day boosts vitamin D levels and your mood, increasing immune function

**10). Practice More Self-Care** - indulge in healthy activities that de-stress you (massage, hot baths, yoga, etc.). High levels of stress can suppress immune function

# 10 WAYS TO BOOST YOUR IMMUNITY



# WAYS TO BOOST YOUR IMMUNITY



- **Improve your sleep habits.** A sleep-deprived immune system doesn't work as well. Researchers found that those who regularly slept less than six hours a night were 4.2 times more likely to catch the cold compared with those who got more than seven hours of sleep. Focusing on better sleep habits is a good way to strengthen your immune system. Aim to sleep for seven to nine hours a night. Stick to a regular bedtime and wake-up schedule. Avoid screens, night-eating and exercise right before bedtime.
- **Avoid alcohol consumption.** Numerous studies have found a link between excessive alcohol consumption and immune function. Research shows people who drink in excess are more susceptible to respiratory illness and pneumonia and recover from infection and wounds more slowly. Alcohol alters the number of microbes in the gut microbiome, a community of microorganisms that affect the immune system.
- **Eat a balanced diet.** A healthful diet is important to maintaining a strong immune system. Following a diet rich in antioxidants is essential to supporting your immune system. Abundant in many fruits and vegetables, antioxidants combat free radicals—chemical byproducts known to damage DNA and suppress the immune system. Choosing healthy fats (such as the omega-3 fatty acids available in oily fish, and flaxseed) over saturated fats (found in meat and dairy products) is recommended as it may help increase your body's production of compounds involved in regulating immunity.
- **Exercise.** Regular moderate-intensity exercise confers several benefits to the immune system. A 2019 study shows that moderate exercise mobilizes immune system cells, helping the body defend itself against pathogens. Those who regularly engage in this type of exercise have fewer illnesses and less systemic inflammation. Exercise may also protect the immune system from the effects of aging.
- **Hygiene.** Simply keeping your hands clean is one of the best ways to ward off illness. Make sure to wash your hands for 20 seconds using warm water and soap before preparing food or eating, as well as after coughing, sneezing, using the bathroom, or touching public surfaces.
- **Stay hydrated.** Drinking enough water is important to keep hydrated on a regular basis, especially when it's cold and flu season. Keep your immunity up by drinking plenty of water to stave off infection. Staying hydrated helps your body naturally eliminate toxins and other bacteria that may cause illness. Drink half of your body weight in ounces of water daily.
- **Take care of your toothbrush.** While regular oral hygiene is a crucial factor to staying healthy, pay extra attention to your toothbrush during cold and flu season. If you share a bathroom with others, be sure your toothbrush doesn't come into contact with other toothbrushes. Viruses can easily spread this way, so keep yours apart from the rest, preferably in an upright holder so it can dry properly. If you've been sick, consider replacing your toothbrush once you're well to start fresh.

Source: <https://www.verywellhealth.com/ways-to-boost-your-immune-system-naturally-89283>

## FOODS THAT BOOST YOUR IMMUNITY

Source: [www.nytimes.com/2020/03/10/well/live/can-i-boost-my-immune-system.html](https://www.nytimes.com/2020/03/10/well/live/can-i-boost-my-immune-system.html)

Citrus fruits  
Red bell peppers  
Broccoli  
Garlic  
Ginger

Spinach  
Yogurt  
Almonds  
Turmeric  
Green Tea

Papaya  
Kiwi  
Poultry  
Sunflower Seeds  
Shellfish

# WHAT YOU NEED TO KNOW ABOUT COVID-19

## How the Virus Spreads

The virus is thought to spread mainly from person-to-person between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms. There have been reports of this occurring with this new coronavirus, however, researchers continue to learn more about how the virus spreads. Visit the CDC website for the more current and accurate information ([www.cdc.gov](http://www.cdc.gov)).

## Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed corona virus disease 2019 (COVID-19) cases. The following symptoms may appear 2-14 days after exposure. Main symptoms include fever, cough, and shortness of breath. Call your doctor if you develop symptoms, and have been in close contact with a person known to have COVID-19, or have recently traveled from an area with widespread or ongoing community spread of COVID-19.

## Steps to Prevent Illness

The best way to prevent illness is to avoid being exposed to the virus.

### Clean your hands often.

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

### Avoid close contact

- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick, those over 60 or with chronic health conditions.

### Stay home if you are sick

- Stay home if you are sick, except to get medical care. Call first before visiting any medical facility in order to receive their specific pre-visit instructions.

### Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### Clean and disinfect

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

SOURCE: [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

WELLNESS COUNCIL OF ARIZONA

(520) 293-3369

CONTACT@WELCOAZ.ORG



# SUPERFOODS!



20 SUPERFOODS AND THEIR HEALTH BENEFITS!

## WHAT ARE SUPERFOODS?

Whole foods that are naturally high in nutrients that provide many health benefits!

- lower total cholesterol
- lower blood pressure
- prevent disease
- reduce inflammation



## 20 SUPERFOODS

- |                 |              |
|-----------------|--------------|
| 1) Avocados     | 11) Turmeric |
| 2) Apples       | 12) Paprika  |
| 3) Barley       | 13) Salmon   |
| 4) Berries      | 14) Ginger   |
| 5) Leafy Greens | 15) Garlic   |
| 6) Tuna         | 16) Quinoa   |
| 7) Beans        | 17) Flaxseed |
| 8) Mushrooms    | 18) Almonds  |
| 9) Walnuts      | 19) Herbs    |
| 10) Chia Seeds  | 20) Lentils  |

# SUPERFOODS!



## **APPLES**

Protect your heart  
Improve digestion  
Lower cholesterol

## **APRICOTS**

Helps improve blood pressure  
Preserves eyesight  
Shields against Alzheimer's

## **ARTICHOKES**

Improves digestion  
Lower cholesterol  
Helps improve blood pressure

## **AVOCADO**

Prevent Strokes  
Soothes skin  
Protect your heart

## **BANANAS**

Helps improve blood pressure  
Strengthen bones  
Improve muscle function

## **BEANS**

Improves digestion  
Lower cholesterol  
Stabilize blood sugar

## **BEETS**

Helps improve blood pressure  
Strengthens bones  
Aids in weight loss

## **BLUEBERRIES**

Protect your heart  
Boost memory  
Improve digestion

## **BROCCOLI**

Strengthen bones  
Helps improve blood pressure  
Improves digestion

## **CABBAGE**

Aids in weight loss  
Improves digestion  
Protect your heart

## **CANTELOPE**

Preserve eyesight  
Supports your immune system  
Lower cholesterol

## **CARROTS**

Preserve eyesight  
Aids in weight loss  
Healthy skin

## **CAULIFLOWER**

Healthy Prostate  
Strengthens bones  
Protect your heart

## **CHERRIES**

Aids with insomnia  
Aids with gout  
Shields against Alzheimer's

## **FIGS**

Aids weight loss  
Helps improve blood pressure  
Lower cholesterol

## **FISH**

Protect your heart  
Healthy brain  
Supports healthy joints

## **FLAXSEED**

Improve digestion  
Healthy brain  
Protect your heart

## **GARLIC**

Lower cholesterol  
Fights infection  
Fight fungus

## **GRAPEFRUIT**

Protect your heart  
Lower cholesterol  
Prevent Strokes

## **GRAPES**

Preserve eyesight  
Healthy kidneys  
Enhance circulation

## **HONEY**

Heal wounds  
Increase energy  
Fight allergies

## **LEMONS**

Increase metabolism  
Healthy skin  
Enhance circulation

## **LIMES**

Increase metabolism  
Healthy skin  
Enhance circulation

## **MANGO**

Boost memory  
Improves digestion  
Regulate thyroid

THESE FOODS ARE RICH IN ANTIOXIDANTS THAT  
HELP HEAL, CLEANSE AND FORTIFY THE BODY



### **MUSHROOMS**

Lower cholesterol  
Strengthens bones  
Fights infection

### **OATS**

Lower cholesterol  
Soothes skin  
Improves digestion

### **OLIVE OIL**

Protect your heart  
Soothes skin  
Healthy brain

### **ONION**

Lower cholesterol  
Fights bacteria  
Protect your heart

### **ORANGES**

Supports your immune system  
Healthy respiration  
Healthy skin and bones

### **PEACHES**

Improves digestion  
Prevent Strokes  
Boosts energy

### **PINEAPPLE**

Strengthen bones  
Fight viruses  
Cleanses skin

### **PRUNE**

Lower cholesterol  
Boost memory  
Improves digestion

### **SALMON**

Lower cholesterol  
Prevent Strokes  
Healthy skin  
Improve your blood pressure

### **STRAWBERRIES**

Protect your heart  
Boost your memory  
Manage blood sugar

### **RICE - BROWN**

Healthy kidneys  
Prevent strokes  
Fuel your muscle

### **SWEET POTATOES**

Preserves eyesight  
Boosts energy  
Improves mood

### **TOMATOES**

Healthy Prostate  
Protects heart  
Lower cholesterol

### **TUNA**

Lower cholesterol  
Prevent Strokes  
Healthy skin  
Improve your blood pressure

### **WALNUTS**

Improve memory  
Boost energy  
Improve mood

### **WATERMELON**

Healthy Prostate  
Lower blood pressure  
Good for hydration

### **WHOLE WHEAT**

Healthy Prostate  
Lower cholesterol  
Helps improve your blood pressure  
Improve digestion



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HELP HEAL, CLEANSE AND FORTIFY THE BODY