

Part 3 Naturally

No matter if it is the "Flu season" or the middle of the summer, your body is constantly fighting off allergens, bacteria and viruses. Most of the time, while your immune system is fighting off these things, you do not feel anything. You may not exhibit any symptoms at all. However, when you do have symptoms this is just your body's natural way of ridding toxins from itself. For about the last 100 years the tendency has been to run to the "medicine chest" and inundate your body with a substance that promises to "cure" you. It is good to know that more times than not, your body does not really need any help. These medicines actually do more harm than good by presenting the immune system with yet another toxin with which it must deal. **So rather than breaking down the Immune system, help build it!**

Foods to help build your Immune System

Vitamin C: a great start to building your immune system, and also helps to form collagen and elastin in the event of injury. The following are food high in Vitamin C.

Kiwi - twice the C as Oranges

Broccoli

Chili Peppers - red and green ones

Cauliflower

Brussels sprouts - eat 'em up

Papayas and Guava

Nuts: while high in fat, many nuts can help reduce your LDL cholesterol by 7% to 10%.

Try switching from Peanut butter and nuts to Almond butter though, because Peanuts do not have the same effect.

Fish Oil: time for those Omega 3 oils. Not only do fish oils help to reduce inflammation, but they also prevent arterial sclerosis and boosts your immune system.

"Fatty" cold water fish ~ Salmon Haddock Mackerel Tuna

Alkalizing foods: It is now known that is an acidic environment in which bacteria and viruses can thrive. Eating large amounts of sugar, protein and fungus causes acidity. Eating foods that are alkalizing not only combats acid levels, but boosts your immune system as well.

Tomatoes

Cucumbers

Almonds

Avocados

Lemons

Sprouts - including sprouted grains Wheat grass

Soy

Radishes

Chia seeds

Cabbages

Celery

Garlic

Spinach

Kamut

Carrots

Beets

Zucchini

Turnips