



**BOOST YOUR
IMMUNE
SYSTEM AND
EMPOWER
YOUR BODY
TO FIGHT OFF
VIRUS &
DISEASE**

Dr. Reneta Pereira PhD DIM
Doctor in Integrative and Natural Medicine



PROTECT YOURSELF

STEPS YOU CAN TAKE TO STRENGTHEN YOUR IMMUNE SYSTEM AND BETTER PROTECT YOURSELF AND YOUR FAMILY AGAINST VIRUSES.

"These practical lifestyle tips will help you to boost your immune system and keep it strong during the COVID breakout and beyond!"

Dr. Reni Pereira

NUTRITION AND A HEALTHY MICROBIOME

Many studies have shown that, to keep our immune system strong, we need to keep our gut healthy. So, what exactly does that mean? Well, in our gut, there are different bacteria (intestinal flora) - the good bacteria and the bad bacteria - that work symbiotically within our body for digestion and nutrient absorption. When there is an overgrowth of bad bacteria, this creates an imbalance in the PH levels leading to the production of toxicity and the internal environment becoming acidic. This, in turn, causes something called a leaky gut or inflammation of the wall of the large intestine which allows toxicity to leak into the blood stream and organs. The internal inflammation then opens the doorway to a number of diseases. Not only does this make our immune system weak but it can also affect our mood and thoughts. Many studies have proven the brain - gut connection and the importance of Serotonin which is also known as the happy hormone. 95% of this very important neurotransmitter is produced in our large intestine, and depression, anxiety, mood swings, foggy mind and fatigue can occur when there is an insufficient level of Serotonin. Foods that support and boost our immune system are all the alkaline foods such as greens and vegetables, spirulina and chlorella, fibers and fermented foods. These foods feed the good bacteria and sustain a healthy gut flora. Eating a variety of plant nutrients is very important, as is eating our vegetables, fruits and other foods as close as possible to their natural state. It is equally important that we avoid all refined products, especially products containing added sugar (the white death), as they significantly weaken our immune system.



Fight Viruses

HELP
YOUR
BODY TO
BE A WELL
TUNED
FIGHTING
MACHINE!

Coronavirus disease (COVID-19) is an infectious disease caused by newly discovered coronavirus.

Most people infected with COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical issues are more likely to develop a serious illness. Protect yourself and others from infection by tasing your hands or using an alcohol based rub frequently and not touching your face. Keep you immune system strong!



PROBIOTICS

Probiotics help, not only in keeping our gut flora alkaline, but also in keeping our immune system stronger. For more information on Probiotics, please click **HERE**.

VITAMIN C

Vitamin C has been proven to have an antiviral effect. Fresh fruits and vegetables rich in Vitamin C include citrus fruits like oranges, lemons and grapefruit, kiwi, guava, broccoli, cauliflower and brussels sprouts. You can also take Vitamin C as a supplement with 1000 mg per day being the recommended dosage to keep our immune system strong. For more information on Vitamin C, please click **HERE**.

ZINC

Zinc has been shown to play a significant role in the barrier function of our mucus membranes against pathogens and viruses. Food sources for Zinc include oysters, red meat and poultry, beans, chickpeas, and nuts (such as cashews and almonds). You can also take Zinc in the form of a supplement.

VITAMIN D

Vitamin D is produced by sunlight and is essential for the proper functioning of our immune system. Researchers have found that Vitamin D also regulates immune reactions that have been associated with autoimmune diseases such as Multiple Sclerosis. Vitamin D is essential for the production of T- cells that play a significant role in helping to fight bacterial and viral infections. Vitamin D drops daily are vital especially if you are not spending time in the sunshine.



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There is no better way to heal yourself than to eat natural foods

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BOOSTING THE PRODUCTION OF RED & WHITE BLOOD CELLS

Red blood cells carry the oxygen from the lungs to the body tissue and cells, and carry the carbon dioxide back to the lungs. Hemoglobin is a protein that is responsible for the transportation of oxygen in the cells. White blood cells defend the body from infections and viruses by digesting foreign materials and destroying viruses and other agents that can create disease. Beta-glucans are substances that are found in mushrooms of all kinds, especially in oyster mushrooms and shiitakes to name a few. Beta-glucans aid in the production of our white blood cells. Another immune buster is the Korean supplement HemoHim. For more information on HemoHim, please click **HERE**.

OMEGA 3

Essential fatty acids are important for our cell membranes, which contain proteins that act as "receptors", to function properly. To have good communication between our immune system, neurological system and endocrinological system, we need Omega 3 Fatty Acids. For more information on Omega 3 supplements, please click **HERE**.

FRESH AIR & EXERCISE

Fresh air and exercise are essential to support a strong immune system. Weight training, in combination with cardio exercises, is recommended 2-3 times a week. Other forms of physical activity, such as martial arts and yoga are proven to maintain not only our physical health but our mental health as well.



If you don't make time for exercise, you'll probably have to make time for illness

ROBIN SHARMA



MEDITATION & VISUALIZATION

There are many studies that have proven that there is a strong connection between the mind and the body. Our thoughts matter! Positive emotions, positive thoughts and positive feelings will help to keep our immune system stronger. Please try to meditate and practice visualization at least once a day.

COLD SHOWERS

Taking a cold shower, at least once a week, is very beneficial as it promotes healthy blood circulation and improves overall immunity.

LAUGHTER

Laughter makes you immune system stronger! It is a natural booster and costs nothing. Laughter stimulates the production of lymphocytes (t and b - cell lymphocytes, plus NK cells - natural killer cells), help the immune system to fight viruses, bacteria and pathogens. Laughter also helps to improve your mood and emotions, by triggering the release of endorphins known to be the bodies "feel good chemicals".

"Laughing is and always will be the best form of therapy" - Dau Voire

For more information give me a call at: 647.926.4664



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This guide is a **FREE** resource provided by Dr. Reni Pereira. If you paid for this guide then please contact the author immediately.

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