



Immunity Boosting Diet For Health & Longevity



Our Immune Systems need a boost!

More than ever we need to be healthier than ever. This means focusing our attention on what we are consuming.

The power of immune-boosting foods is truly remarkable. Choosing whole, unprocessed foods does wonders for overall health. Eating a varied diet with lots of high-fibre foods is recommended and for microbiome health the more wholefoods and plant foods you consume, the better. Additionally, a lot of people are Vitamin D deficient or low in Vitamin D which can result in a weak immune system, it is therefore advised that we should take the daily recommended supplement of 10mcg of Vitamin D Combined with a healthy diet, it is very important to be physically active. The adults should be physically active in some way every day, and do at least 150 minutes a week of moderate aerobic activity (hiking, gardening, cycling) or 75 minutes of vigorous activity (running, swimming fast, an aerobics class)

Some examples of foods that can be considered as immune system boosters:

1. Garlic: One clove contains 5 mg of calcium, 12 mg of potassium, and over 100 sulfuric compounds – strong enough to get rid of bacteria and infection. Raw garlic, not cooked or dried, is most beneficial for health

- 2. Citrus Fruits:** Including grapefruit, oranges, tangerines, lemons, limes and clementine's. They are all packed with Vitamin C and are rich in plant compounds with various health benefits, including anti-inflammatory and antioxidant effects
 - 3. Broccoli:** Broccoli is packed with a wide array of vitamins, minerals and fibre. Still, raw or cooked, broccoli is a great source of vitamin C. Just half a cup of cooked broccoli provides 84% of the reference daily intake
 - 4. Wheat Germ:** Wheat Germ is rich in nutrients and is a great way to get B vitamins, zinc, and antioxidants (8). It can be easily incorporated into your diet in a variety of ways from a warm stew to a healthy smoothie.
 - 5. Red bell peppers:** They are high in vitamin A, vitamin C and antioxidant properties, including beta carotene, which helps maintain healthy skin and vision. Red peppers contain 1.5 times more vitamin C, 8 times more vitamin A and 11 times more beta carotene than green bell peppers
 - 6. Spinach:** Spinach is rich in vitamin C, which is considered one of the best vitamins for the immune system. It's also packed with numerous antioxidants and beta carotene, which may increase the infection-fighting ability of our immune systems
 - 7. Ginger:** Ginger helps to combat inflammation and keep your immune system healthy. Ginger in hot water with a little bit of lemon is recommended for intake
 - 8. Dates:** Dry fruits like dates or almonds provide us with the essential vitamins and minerals for strengthening immunity
 - 9. Kale:** Kale contains fibre, antioxidants, calcium, vitamins C and K, iron, and a wide range of other nutrients that can help prevent various health problems. Antioxidants help the body remove unwanted toxins that result from natural processes and environmental pressures. These toxins, known as free radicals unstable molecules. If too many build up in the body, they can lead to cell damage
 - 10. Leeks:** Leeks are an excellent source of vitamin A, which aids vision and supports the immune system, and bone-building vitamin K and manganese
- Incorporating some of the above foods into your weekly diets will really benefit your immune system.

“Immune Food Solutions” is an easy-to-follow plan to help you boost your immunity at light speed.

It's filled to the brim with natural and safe ways for you to strengthen your immunity and defend your body against many different illnesses and diseases.

This is what makes Immune Food Solutions different from many other immune boosting diet plans out there.

You'll be able to boost your immunity without being dependent on questionable supplements and medications that can harm your body.

This research-backed blueprint will teach you everything you need to know to live a long and healthy life -- What foods you need to eat, how your mental health affects your immune system, what to avoid in order to maintain a healthy well-being, and many other health-boosting tips. If you're tired of falling sick all the time... Then this is the solution that you've been waiting for.

This Is The Ultimate Blueprint For Those Who Want To:

Boost their immune system.

Live a disease-free life.

Enjoy long lasting health and well-being.

Maintain a healthy diet.

Improve gut health.

Remain active and healthy until their old age.

Avoid food and activities that weaken the immune system.

Improve heart and mental health

What This Course Covers:

How the immune system works and what effects it.

How your diet can improve or worsen your immunity.

How to introduce Phytochemicals into your diet to improve your immunity.

How Antioxidants can boost your immunity and which food can you find them in.

How to introduce polysaccharides into your diet to improve your well-being and immunity.

The connection between cancer and your immune system, and how plant-based foods can combat cancer.

Omega 3 Fatty Acids: What are they? Where to find them? And how can they improve your immunity?

How to add prebiotics to your diet? and how can it help improve your gut health and immune system?

How to add probiotics to your diet and can it help improve your immunity?

Top 10 immunity boosting food you need to add to your daily regime now.

SO ARE YOU STEPPING AHEAD TO GIVE SOME GOOD IMMUNE COVER TO YOUR BODY ,IF YES THEN GO AHEAD AND BUY THE HEALTHY COVER GUIDE FOR

YOURSELF ON FOLLOWING =====>: [BUILD MY IMMUNE](#)