Ignite Your IMMUNITY with These Proven Essentials! Transcript

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Travel prep and immunity support

I'm at the airport getting ready to hop on a plane to Phoenix where I'll be attending a business conference this weekend for healthcare minded and functional medicine practitioners but before I left the office yesterday after seeing patients I got an immunity IV with a bunch of great vitamins to help my body do the best that it can do some high dose vitamin C and glutathione all these things are there and ready to protect so that I don't get sick and I can do my best and be at my, best when I'm traveling but also at home.

Why immune health gets stressed

So I get people all the time asking me what can I take if I, get a cold what do we do you know to prevent COVID or if i get, a sore throat that sort of stuff and there's so many things that encompass that aspect but We want to start to recognize that our body is like in constant fight or flight all the time these days, like whether we're actually exposed to some illness or whether were just exposed the everyday stuff that are body really has to think hard about.

So the food that you're eating, the chemicals we may be exposed too in our environments, all that kind of stuff is something your body has fight all time and it can over time weaken your immune system.

When we start thinking about immune Issues or why am I getting sick all the time?

What to do when you feel sick

That kind of thing We start to think about chronic stress on our system and it may be stress from the outside or it maybe internal stresses So definitely want to revisit Hey are all The foods that I'm putting in my body things that are going to help my Body fuel and do the best it can do are they gonna start making my?

Body think who are you and what is this and? Do I have to work harder to manage this food? You're putting me or these chemicals. You put in me if you're drinking a lot of sodas or artificially sweetener beverages, that kind of stuff.

So think about that, but if you do find yourself with a little bit of a stuffy nose, runny nose headache, sore throat, tummy issues, and that sort of thing, there are several things that you can do to help support your immune system or boost it a bit.

At Carolina Integrative Medicine we do have what we call our COVID immune pack. And even if you're not a patient, you could call and get that. But it's full of things like transfer factors that help support your immune system, vitamin C, zinc, quercetin.

Sometimes glutathione can really be helpful for those situations as well.

Supplements and gut support for immunity

So Those are things that you can look for. Vitamin D is really important for your immune system as well. And sometimes we don't want to take high doses of vitamin C for a long time, but for short period of time to give yourself a good boost, you might want take 10,000 or more, ask your provider, or ask me at the office.

But take doses like 10 thousand of Vitamin-D maybe for week or so if you're feeling like you are getting sick. make sure your gut is happy. So taking a probiotic on a regular basis is going to help support your good because 80% of your immune system is housed in your got.

These are some little tricks that you can think about in terms of making sure you're immune systems is working the

best it can so you could live your best life and nothing slows you down.

Have a fantastic day.