

The Virusproof Guide

14 Ways to Boost Your Immune System



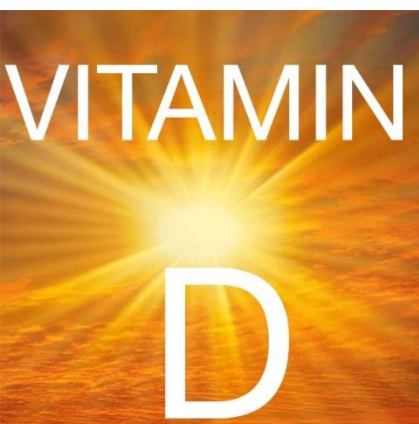
A good working immune system can protect us from viruses and bacteria. In times of emergency we can use some help to support this great machinery. Having this system in great shape is very important to be able to manage through flu- and cold seasons, or to recover quicker from disease or be healthy in general. We have bundled the 14 most important ways to boost your immune system. This information is intended for informational purposes only. After reading this guide you will be able to start your “Virusproof” lifestyle! Here are 14 ways to boost your immune system:

1. Vitamin C

Probably the most important vitamin of all vitamins to strengthen and support the immune system against viruses. It can decrease the time of having a cold or infection.¹ If you have a lingering cold that won't go away, chances are you are not getting enough vitamin C. This antioxidant increases white blood cells, the "ones" needed to combat any illness. Viruses in general deplete your vitamin C. It also supports normal growth and development and helps the body repair damaged tissue. One of the best ways to get vitamin C is through foods like: Sauerkraut, bell peppers, leafy green vegetables and other foods as well. Consider adding lemon to your water for an extra boost of this healthy vitamin. The benefits of drinking lemon juice mixed in water go beyond the naturally occurring vitamin C. Lemons aid the body in purifying the lymphatic system, which is crucial when you're sick.



2. Vitamin D



This vitamin is one of the key modulators of the immune system and helps to control it for proper functioning. Exposure to sunlight is a great way to encourage your body to produce vitamin D. However, sun exposure rarely provides enough vitamin D, so it is necessary to get it from supplements or your diet. A deficiency in this crucial vitamin is very common, especially in countries where the sun doesn't shine much. Scientists have recently discovered that it plays a huge role in areas of health, such as immune function and protection against cancer and other diseases.² Good levels of

¹ <https://www.ncbi.nlm.nih.gov/m/pubmed/16118650/>

² <https://journals.sagepub.com/doi/abs/10.1177/1533210110392952>

vitamin D3 are very important, if you live in an area without adequate sunlight, vitamin D from food or supplements is absolutely essential, especially in the winter time.³

3. Probiotics

The good bacteria in your gut are known as probiotics, and they are responsible for supporting digestion, combating harmful organisms, and keeping your immune system strong and healthy. Considering that 70% of our immune system resides in our gut, maintaining a balance of probiotic bacteria is essential for keeping a strong immune system. Probiotic-rich foods like fermented sauerkraut, kim-chi, kefir or a high-quality probiotic supplement, can help balance the ratio of good to bad bacteria.



4. Zinc



Is a vital nutrient to support our immune system. It has been observed by many studies that people with sufficient zinc levels rarely get the "common" cold.⁴ This nutrient can be obtained through foods, such as: meat, seafood, nuts, seeds, and dairy products or through supplementation.

5. Selenium

Is a potent antioxidant and essential trace mineral that is vital for great health, the thyroid and immune system. This nutrient can be obtained through food like brazil nuts, or in a supplement.



3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2678245/>

4 <https://www.ncbi.nlm.nih.gov/m/pubmed/23775705/>

6. Ginger



Is a super antimicrobial (kills bacteria - including salmonella) - internally and topically as an antiseptic. Ginger has been found to contain two natural antibiotics. It also contains anti-inflammatory agents that help eliminate congestion and can inhibit production of cytokines which cause pain and swelling. Ginger root tea combats chills, fever, eases throat pain and kills cold viruses.

7. Garlic

Garlic is really good for our immune health. Studies have shown that the antioxidant properties of garlic can help prevent colds and also shorten their duration. Garlic has been used for centuries to support the immune system and provide protection against a myriad of health conditions, including heart disease and alzheimer's disease. You can eat garlic fresh or in a supplement form.



8. Turmeric



This yellowish spice popular in Indian dishes, is a powerful anti-inflammatory and has great antioxidant properties. Turmeric has many proven health benefits for the human body, which help protect immune cells from free radical damage. In addition, some studies have reported that the active ingredient in turmeric — curcumin — may be responsible for supporting the action of T cells, B cells, and natural killer cells. This immunomodulatory effect seems to help protect against a wide range of harmful organisms.

9. Get Enough Sleep

A lack of sleep and too much stress increases cortisol, prolonged elevation of this stress hormone suppresses immune function, so make sure you sleep enough. At least 7-9 hours daily.



10. Manage Stress



High stress levels are associated with a lower immune system. This is due to the high levels of the stress hormone called cortisol. To help relieve some anxiety and tension, you can pause for two minutes a day and just breathe and focus on the now. Meditation can definitely help you. Think about this: There is no past or future, just the now. Another easy way to reduce stress is to laugh more. Finding joy and laughing can release neurons that help fight stress and potential illnesses, according to the Mayo Clinic.⁵

11. Exercise

This is another great way to boost your immune system. Exercise can change your body's antibodies and white blood cells, which help you fight off diseases and infections, according to the U.S. National Library of Medicine.⁶ Lack of exercise could make you sick for a longer period. Upper respiratory tract infections lasted 42 percent longer in volunteers who worked out once a week or less than in those who did exercise four or more times a week,



⁵ <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>
⁶ <https://medlineplus.gov/ency/article/007165.htm>

according to a study in the British Journal of Sports Medicine. The sedentary participants also had more severe symptoms when combating a viral illness. Any movement is great, if you don't go to the gym or practice a type of sport you can start by implementing more movement in your daily routine by walking more, taking the stairs instead of the elevator or doing squats while watching TV.

12. Prolonged Water Only Fast (48-72 Hours)



Fasting is the quickest way to boost our immune system. When you temporarily stop consuming food, our body no longer has to perform its most energy consuming function called, digestion. Our body will first decompose and burn cells and tissues which are diseased, damaged, aging, or dead. This process is called autophagy. Fasting also regenerates the immune system and attacks all harmful organisms, such as viruses, bacteria, and fungus. Scientists at the University of Southern California completed a study proving that fasting for as little as 72 hours “flips a regenerative switch,” which prompts immune stem cells to create brand new white blood cells, essentially regenerating the entire immune system. This is really awesome and powerful stuff!

13. Water with Raw Organic Apple Cider Vinegar

Mixing raw apple cider vinegar (ACV) with water creates a helpful tonic for supporting your immune system. Raw ACV is loaded with enzymes and beneficial bacteria that promote intestinal balance. ACV also helps to balance your body's pH which is absolutely crucial for a healthy immune system response. Mix one to two tablespoons of raw ACV with eight ounces (227ml.) of lukewarm water and consume daily, preferably using a straw so the acidic ACV avoids contact with your teeth.



14. The Right Diet



As we know there are a lot of diets out there that claim to be the best and the most healthiest. We at FERUM do not believe in diets, the word diet sounds limiting. We believe in high nutrient dense foods. We strive for being limitless and enjoy life to the fullest. Based on this philosophy FERUM created "The Optimal Lifestyle" that allows you to be, feel and enjoy the true feeling of being the best version of yourself.

If we adjust our lifestyle in the most optimal way to support our bodily functions, then in theory disease is impossible. We can conclude that there are several factors that can determine our destiny. Unfortunately, we do not always have influence on all factors. What we can influence is how we eat, how much we move and how we think (mindset). These are perhaps the biggest and most important factors for a healthy life. It is not only important to implement these above steps to become virusproof, but it is also very important to avoid all refined sugars, processed foods, alcohol, smoking etc. as these will suppress your immune system and make you susceptible for viruses and other illnesses.



Contact us at: info@ferum-life.com if you are interested in upgrading your life by following "The Optimal Lifestyle".

Disclaimer

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