



## *Holistic Health For Your Immune System*

With Christmas and the holidays approaching, we all want to stay healthy to be able to enjoy our time celebrating the festive season. As it is a vulnerable time, we want to be able to have the best chance of staying healthy and boost our immune systems. The following vitamins, minerals and amino acids are crucial in fighting off viruses and assist in strengthening our immune systems.

### **Vitamin D**

Coming from the sun and existing for a long time as an immune booster, studies show that vitamin D regulates many functions in the body including hormone balance, metabolism, blood pressure, bone density, cancer-fighting cells and immune function. This may have something to do with why people tend to get colds and flu in the winter when the sun is low. Alcohol lowers Vitamin D.

Vitamin D is critical for our health - we know that vitamin D is essential for healing and protecting against many contagious diseases and chronic diseases.

### **Vitamin C**

A potent antioxidant that protects against free radicals that can lower your immunity, and increase the risk of chronic disease, vitamin C helps the immune system protect against viral and other types of infections. It does this by strengthening the function of our innate immune systems, which is our first line of defense against bacteria and viruses - especially those we have never encountered before.

### **Quercetin**

A potent anti-inflammatory and Bioflavonoid is an assistance to viruses it is found in certain foods, many people take Quercetin in spring to help their allergies to tree and grass pollen. Quercetin has been shown in many studies to have broad antiviral properties against most viruses. Considered a bioflavonoid, Quercetin is found in the highest concentrations in red onions, berries, red wine, green tea, buckwheat and apples.

### **N-acetyl cysteine**

An amino acid also known as NAC, n-acetyl cysteine is a dietary supplement associated with immune support, detoxification and more. It can also help increase your body's levels of glutathione. Glutathione is a powerful antioxidant that can help fight off oxidative stress and free radical damage - good news for supporting a healthy immune response and slowing down the effects of aging. Glutathione is known as the "master antioxidant" because of its prevalence throughout the body and ability to support other antioxidants.

Zinc has been proven to reduce the activity of viruses and may prevent its entry into our cells while reducing its power. Zinc has proven powerful in fighting off regular influenza and the common cold as well.

***Soil Lovers say: Getting Your Vitamin D Is Essential And Its Free From The Sun***

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