

Give your Immune System a (Natural) Boost

1

Embrace Garlic

Try adding raw garlic to homemade salad dressing or hummus to get the immune-boosting effects. Embrace the garlic breath!

2

Trust your Gut

Many studies have found a link between gut health and our immune system. Try adding yogurt, kimchi, miso or kombucha into your diet this winter!

3

Make Fiber your Focus

Prebiotic fiber in particular— from artichokes, onions, garlic, and bananas can give your immune system an extra boost during cold and flu season!

4

Skip the Sugar

Simple sugars that are added to many processed foods may affect our white blood cells' ability to defend our body and keep us healthy!

5

Get your Vitamin D

With limited sunlight, it might be a good idea to take a supplement during the winter months. Remember to always ask your doctor what is right for you.

6

Spice Up your Life

Turmeric, clove, coriander, and ginger have anti-inflammatory and antibacterial properties, and increase antibodies. Try cooking or baking with them this winter!

7

But First, Sleep

Always be sure to get enough ZZZs— this is your best defense against colds and viruses!



Insurance since 1860

