

# FIGHTING COVID-19

## OPTIMIZING THE IMMUNE SYSTEM

The immune system is the body's defense system for protection against all potentially harmful foreign bodies. Engaging in healthy lifestyle habits will help to optimize the immune system and improve overall health.

### Healthy Lifestyle Habits

**Nutrition** Consume a balanced diet that includes a wide range of foods from all the food groups. Avoid extremely spicy, sugary, fatty or salty foods. Use the USDA MyPlate as a guide to eating the correct portions of food at each meal.

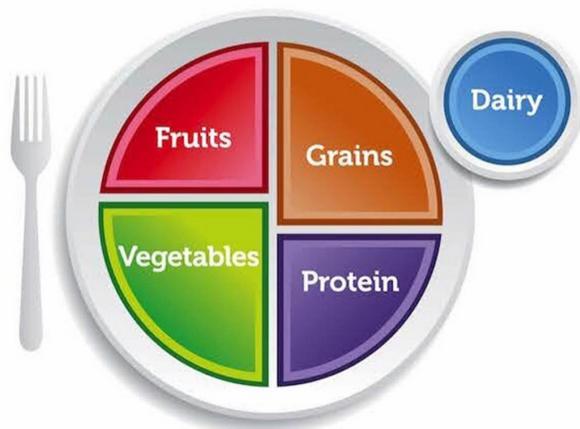


Image: <https://www.choosemyplate.gov>



Image: <https://www.clipart.email/download/745637.html>

**Exercise** Engage in 30 minutes of moderate exercise daily.

**Water** Lubricates the joints, flushes body waste, and is great for your skin. Stay hydrated by drinking at least 6 glasses of water daily.



Image: <https://clipartstation.com/black-parents-clipart-3/>

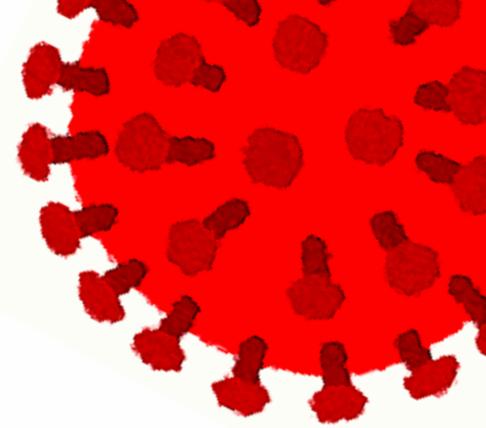
**Sunlight** helps the body to make and utilize vitamin D which aids in the absorption of calcium. Get 15 minutes of early morning sunlight daily.

**Temperance** Abstain from anything that is harmful, and use in moderation those things that are good.

**Air** Proper breathing and fresh clean air is important for good health.

**Rest and Relaxation** Get at least 8 hours of sleep nightly. Engage in a craft or hobby.

**Trust God** Think positively, believe that God loves you and trust in His divine power. He always wants what is best for you.



## Foods to Boost Immunity

**Strawberries** contain vitamin C which protects against infections and aids in iron absorption when eaten with iron rich foods.



**Spinach** is a good source of vitamin C, E and iron. It can be added to soups, smoothies and salads.



**Pineapples** are a good source of vitamin C which helps the body to fight infections.



**Yogurts** contain good bacteria that protects the immune system. Add yogurt to granola and fresh fruits for a healthy snack.



**Kale** has fiber, vitamin A, C and K. It can be added to salads to boost metabolism and fight inflammation.



**Nuts** contain protein, fat, fiber, selenium and zinc. Add a handful of nuts to dried fruits for a healthy snack option.



**Oatmeal** contains fiber and antioxidants. It protects against heart disease.



**Blueberries** are an excellent source of vitamin C and are rich in antioxidants. Add them to bananas and almond milk for a delicious smoothie.



## JP's Immune Boosting Tea

Servings: 5

### Ingredients

- 5 cups water
- 2 cups lemon juice
- 1 cup chopped onion
- 1 head chopped garlic
- 1 cup chopped ginger



Image: Ellieelien on Unsplash

### Method

Blend onion, garlic and ginger in a blender until smooth. Add to water and lemon juice, bring to a boil for 15 minutes. Let cool and serve as a tea 4 to 8 ounces at a time.

Refrigerate for up to 2 weeks.

Contains antioxidants, anti-inflammatory compounds, and 30mg. vitamin C per serving.

## Herbs & Spices

**Ginger** has antioxidants. It reduces inflammation, aids digestion, and fights cold symptoms.



**Turmeric** is a superfood that contains curcumin. It helps in treating and preventing cancer, heart disease and diabetes. It can be paired with ginger for a delicious tea.



**Garlic** contains selenium, manganese, vitamin C and B6, and fiber. It can be added to food as a seasoning or brewed as tea.



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