



Immune System Holistic Practices Chart

CATEGORY	PRACTICES & EXAMPLES	HOW IT HELPS
FOODS	<ul style="list-style-type: none">-Vitamin C: oranges, strawberries, bell peppers- Vitamin A: carrots, sweet potatoes- Zinc: pumpkin seeds, lentils, nuts- Protein: eggs, lean meats, legumes- Probiotics: yogurt, kefir, sauerkraut- Healthy fats: olive oil, avocado, nuts	Provides nutrients to produce white blood cells and antibodies; supports barrier health and antioxidant protection
HERBS	<ul style="list-style-type: none">-Echinacea- Astragalus- Garlic- Ginger & Turmeric- Holy Basil (Tulsi)	Boosts immune cell activity, supports healthy inflammation, strengthens resistance to infection; use in tinctures, teas, food
MOVEMENT	<ul style="list-style-type: none">-Rebounding (mini-trampoline)- Yoga & stretching (twists, inversions)- Walking or aerobic exercise	Moves lymph fluid, flushes toxins, energizes body, stimulates lymph nodes
SKIN PRACTICES	<ul style="list-style-type: none">-Dry brushing toward the heart- Focus on armpits, groin, and neck	Stimulates lymph flow, exfoliates skin, energizes body, supports lymphatic drainage
LIFESTYLE SUPPORT	<ul style="list-style-type: none">-Hydration: drink water throughout the day- Rest & sleep: 8–9 hours for teens- Stress management: meditation, deep breathing, HeartMath practices	Keeps lymph fluid moving, allows immune cells to work effectively, reduces cortisol that suppresses immunity