

JOYOUS HEALTH

Natural ways to BOOST IMMUNITY

Make your
immune system
more mighty
and joyous!



Make your immune system more mighty and joyous than ever this year by optimizing your diet, supplement regime and lifestyle habits. A healthy immune system means you'll get sick less often and if you do get sick, the severity and duration will be lessened.



WHAT IS THE IMMUNE SYSTEM?

The immune system is a network of organs, cells and proteins that protect the body from viruses, bacteria and other foreign substances.

Your body's first line of defence against infection are the physical barriers, such as your skin biome, skin, mucous membranes, saliva and stomach acid. Beyond this, millions of different kinds of immunity cells are working hard to keep invaders away.

SIGNS OF A WEAKENED IMMUNE SYSTEM

- Fatigue
- Frequent infections (i.e. respiratory)
- Cold and Flu more than 1X per year (children will get sick more often as they build their immunity)
- Prolonged healing time
- Autoimmune and inflammatory disease
- Allergies
- Swollen lymph glands
- Skin problems (i.e. eczema)

FACTORS THAT LOWER IMMUNITY

- Stress
- Lack of sleep
- Eating refined sugar
- Poor detoxification
- Alcohol
- Inadequate protein intake
- Smoking cigarettes
- Low water intake
- Overexposure to antibiotics

Joyous Tip!

Approximately 80% of our immune system is found in our gut.

IMMUNE-BOOSTING FOODS



KEFIR

A fermented yogurt high in probiotic-rich cultures. It's various bacterial strains modulate the immune system to inhibit predatory bacteria growth and produce immune-boosting nutrients like B vitamins and vitamin K.

Want to avoid dairy? Make your own coconut yogurt!

How to use it: Add 1-2 tbsp to a smoothie or use it as you would use yogurt in a fruit & nut parfait or on top of your oatmeal.

GARLIC

Potent anti-microbial properties, giving it the ability to destroy bacteria while leaving the “good guys” (good bacteria) alone.

How to use it: Add to salad dressings, make pesto with fresh garlic, sauté with vegetables, use in homemade burgers or meatballs.

Joyous Tip: Once you chop your garlic, let it sit for 10 minutes. This activates a chemical compound called “allicin” which is where the anti-bacterial properties are!

IMMUNE BOOSTING FOODS



MUSHROOMS

Long known for their medicinal properties in Asian cultures, mushrooms contain beta-glucans which have an immuno-stimulating effect by enhancing macrophages and natural killer cells. They also contain vitamin D which has been shown to ward off the common cold and flu.

How to use it: Sauté and add to a stir fry, blend into a soup like the Wild Mushroom Soup or sprinkle on a pizza.



BEE POLLEN

Rich in anti-microbial, anti-viral and antibiotic properties to help the body from contracting viruses.

How to use it: Sprinkle on top of yogurt, chia pudding, oatmeal or my favourite way, in a smoothie!



IMMUNE BOOSTING FOODS

PROTEIN

Responsible for making antibodies that fight infection. Inadequate protein intake impairs immunity, resulting in increased opportunity for potential infections.

How to use it: Enjoy organic poached eggs for breakfast, snack on nuts & seeds (especially walnuts, pecans and almonds), add a scoop of a high-quality plant-based protein powder to your smoothie or use it in baking. Try my [Roasted Chickpea Kale Salad](#) for a good hit of plant-base protein, [Not Your Mama's Meatloaf](#) for animal based protein.



WATER

Proper hydration produces lymph which circulates our defending white blood cells and nutrients to all of the body's tissues.

Strive to drink 6-8 cups per day (or more, if you're exercising) by adding fresh herbs, berries or cucumber.

Joyous Tip!

Check out the [Waterlogged app](#) to help track your water consumption.

BEST IMMUNE-SUPPORTIVE HERBS & SUPPLEMENTS



PROBIOTICS

Since 80% of the immune system is in the gut, it's important to support the gut with a high-quality probiotic supplement on a daily basis, or consume fermented foods like kimchi, sauerkraut and kombucha. This limits the amount of pathogenic bacteria in the gut and reduces common digestive complaints like bloating, constipation and diarrhea.

VITAMIN D

Helps the body identify and destroy bacteria and viruses, while turning on key peptides in the immune system to trigger a strong anti-microbial response. Vitamin D can be found in mushrooms, salmon, sardines and eggs, but to meet your Recommended Daily Intake, it's best to supplement using a high-quality liquid Vitamin D3 supplement.



ELDERBERRY

Several studies show that supplementation of elderberry can drastically reduce the duration and symptoms of a cold and can completely prevent a cold from starting. Rich in flavonoids which are powerful, antioxidants that are thought to work to protect the body's cells from the potential damage caused by free radicals.

OIL OF OREGANO

Contains very powerful compounds, including carvacrol and thymol, which have powerful antibacterial and antifungal properties. Best to take 1-3 drops under the tongue at the first sign of a cold, but it's not recommended to take it longer than 2 weeks at a time.

BEE PROPOLIS

This is the immune system of the beehive! It contains all of the antifungal, antiviral and immune-stimulant properties. Use it daily for colds, coughs, sore throats and inflammation (often found in all natural throat sprays).



IMMUNE-BOOSTING LIFESTYLE HABITS



POSITIVITY

Studies show that participants (injected with the rhinovirus) with happy emotions exhibited a greater ability to fight off the common cold.

SLEEP

Acute and chronic deprivation of sleep are associated with immune changes, including decreased T cell count which kill virus-infected cells.

EXERCISE

Moderate exercise (rather than a high amount) has been shown to be immuno-enhancing, helping the function of neutrophils which work to kill dangerous microorganisms that can negatively affect health.

MAKE TIME FOR FUN!

Positive emotions decrease stress hormones that can weaken immunity and activate certain immune cells.

MEET JOY McCARTHY!



Joy McCarthy is the founder of the popular blog joyoushealth.com, an award winning Holistic Nutritionist and two-time best-selling author.

A trusted nutrition expert, Joy has been featured in hundreds of publications both online and in print; and is a regular health expert on TV. Through her innate drive to inspire others, Joy has helped people around the world achieve their wellness goals.

She is also a noted international wellness speaker and a faculty member at the Institute of Holistic Nutrition.

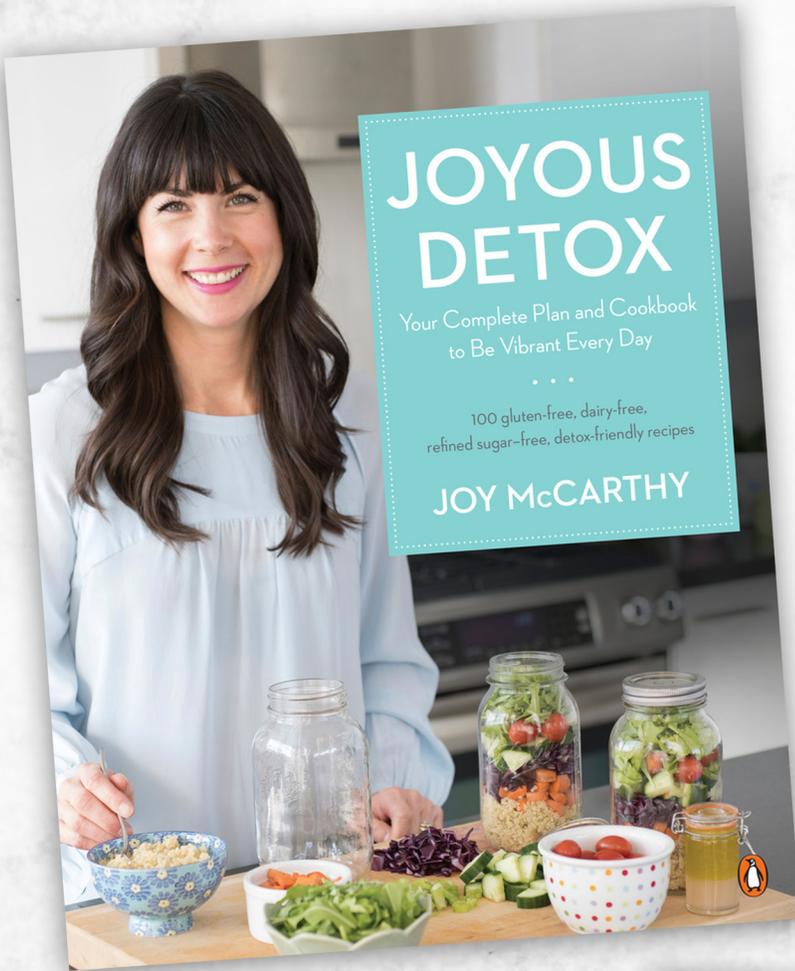
Joy lives in Toronto with her husband, Walker and their daughter, Vienna.

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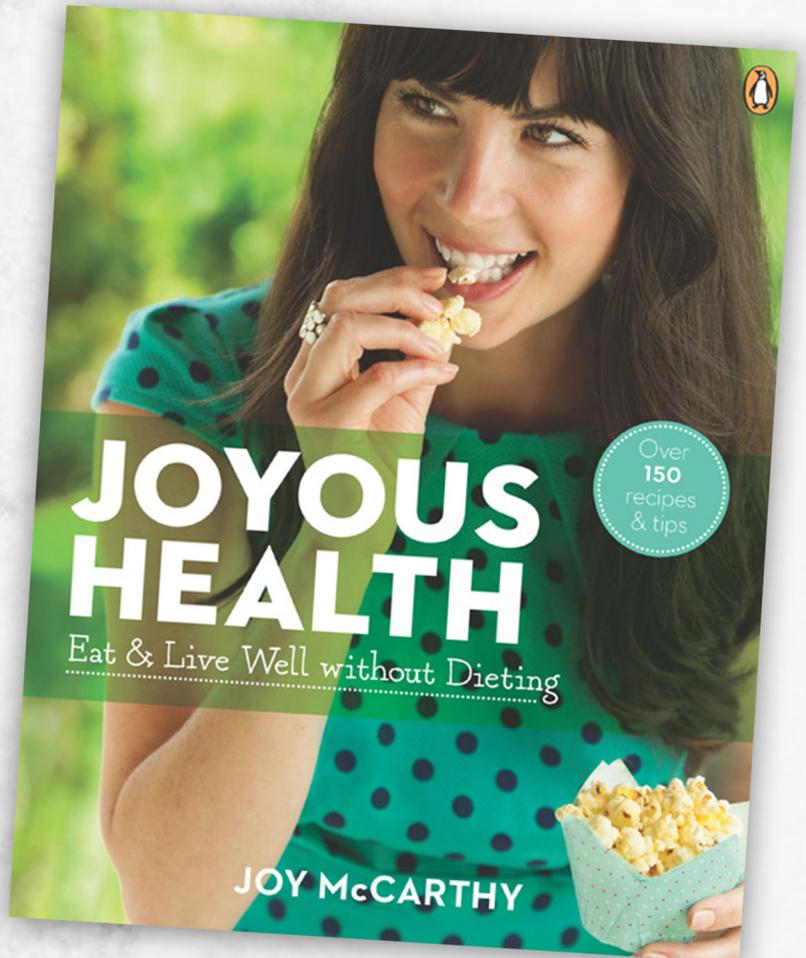


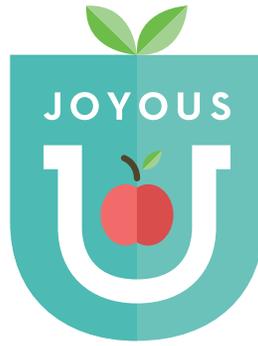
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