



Immune Essentials

EAT YOURSELF HEALTHY

More	Moderate	Less
<p>Eat a rainbow of fruits & vegetables</p> <p>Unprocessed food including grains, nuts, legumes.</p>	<p>Protein</p> <p>Healthy sources of fat including nuts, avocado, cold-pressed oils.</p>	<p>Refined, processed foods, sugar, salt, alcohol</p>

BALANCE YOUR LIFESTYLE

Sleep well	Stay active	Manage stress	Stay connected
<p>Aim 7-9 hours</p> <p>Avoid screens before bedtime. Make sure the bedroom is cool, dark, quiet and comfortable.</p>	<p>30 min+ most days of the week</p> <p>A combination of aerobic and strength exercises where possible.</p>	<p>Relaxation techniques</p> <p>e.g. take slow & deep breaths, walk away from the situation for a while, listen to favourite music, meditate or practice yoga.</p>	<p>Stay connected with friends</p> <p>and family to support positive emotions. Even brief virtual catch ups help nourish mind and spirit.</p>

ADD EXTRA SUPPORT

<p>Know the superstar nutrients that support immune system function:</p> <ul style="list-style-type: none"> • Vitamin C • Zinc • Vitamin D • Selenium 	<p>How to use herbs to help support a healthy immune system response:</p> <ul style="list-style-type: none"> • Garlic • Echinacea • Andrographis • Siberian ginseng • Astragalus • Pelargonium 	<p>Know when lifestyle or life stage can increase our nutrient needs</p>
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Tune in to **Immune Essentials series** to hear from experts as they separate fact from fad and provide easy-to-apply tips to help support a healthy immune system.



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