

Bet I could use an immunity booster...

Navigating through these challenging and constantly changing times, one thing that rings true is the importance of keeping your immune system strong.

A healthy immune system is ready to fight off the viruses and pathogens we encounter as we make our way through each busy day.

But how do you boost your immune system?

Here are some simple suggestions.

1. **Reduce sugar.** Carbs, especially the sweet variety, are the go-to comfort food. But they really don't do a lot for your immune system. Decrease the sugar in your diet. This includes things like pasta, rice, bread, fruit juices, alcohol, soft drinks, potatoes, sweets, etc.
2. **Take targeted supplements.** There are many supplements available for boosting your immune system – but figuring out which one is right for you is not such an easy task. Leave it to us! At Thorburn Chiropractic and Wellness Center, we carry Standard Process, an organic nutrient line available only through doctors.
3. **Develop conscious eating habits.** Meal planning is a great concept! There are so many great online recipe options. Whether you are vegetarian, vegan, pescatarian, a steak-lover, or just plain budget-conscious, simple how-to recipes are all available. Too busy to shop and cook? There are services that will do that for you available online as well.
4. **Get enough ZZZs.** Between work and other commitments, most of us are usually on the run. Do you get enough sleep? If you've been struggling with sleep issues, it's a good idea to get on a regular to bed-wake up schedule. Make time for yourself!
5. **Add daily exercise.** Take a walk outside in nature. Look online or on TV for some free stretch classes. Slow and easy is the best way to get started.
6. **Work on de-stressing.** Linger in a hot bath. Take a nap. Stretch. Brew up some herbal tea and read a book. Or take on a household task you've been meaning to do for a long while. Nothing like a little accomplishment to make you feel good -- and feeling good contributes to a stronger immune system.
7. **Be a good neighbor.** Being of service just feels good. It's good for you! Ask your neighbors if they need anything when you're planning a trip to the market. Bring their trash cans in or their mail to their door. Call those you have a number for and see how they are doing.

Give us a call and let us know if we can help you choose the right supplements to boost your immunity and keep you healthy and feeling great.