



LONSDALE NATUROPATHIC CLINIC

Immune Boosting for Runners

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“To be active, well and happy implies great courage”. -Thoreau

Top 10 At-Home Tips to Boost Your Immunity

- 10. Multi-mineral** - Help to ward off viruses and bacteria and to mount an immune response when required. Some of the most important minerals for a healthy immune system are ACES, Zn, Cu, Ca, Mg.
- 9. B-complex vitamin** – support for adrenal glands, proper nerve function, mood support/prevent depression, stabilize cholesterol levels.
- 8. Probiotics** – support healthy digestive tract. Fight off invaders, help to digest food and excrete toxins. *70% of your immune system is in your GUT!
- 7. Sleep** – proper melatonin secretion at night is essential for optimal cortisol balance.
- 6. Routine, routine, routine** – hormones depend on your daily rhythms to maintain their balance.
- 5. Hydrotherapy** – 30 second cool blast at the end of your shower.
- 4. Dry skin brushing** – lightly towards your heart to drain lymphatics.
- 3. Deep breathing** – Place one hand on your chest and one on your lower abdomen. Without allowing your chest to rise, breath into your abdomen for 4 seconds and watch your belly rise; exhale for 4 seconds and watch your belly sink. Repeat for 15 minutes daily.
- 2. Castor oil packs** – 30 minutes over entire abdomen 5x/week.
- 1. Healthy Immune Diet** - keeping your body running on a good quality fuel is the most important thing you can do for your body.

Top 10 Immune Boosting Foods

While not exhaustive, this list contains many of the foods necessary for optimal immunity. Depending on your state of health, certain foods may be omitted or added. These foods contain vit C, vit E, beta-carotene, zinc, protein, omega 3 fatty acids, and antimicrobial properties.

10. **Garlic** – antimicrobial to combat infections and does not interfere with lactobacillus/probiotics. Make sure you crush garlic and let it sit for about 10 mins before eating for optimal release of the active ingredient.
9. **Mushrooms** - Maitake, shiitake, oyster and enoki mushrooms are all available at your local grocery stores
8. **Dark green leafy veggies** – contain iron, vit E, vit C, beta-carotene
7. **Brightly coloured veggies** – contain bioflavonoids which are potent antioxidants as well as many vitamins and minerals. Make a rainbow on your plate!
6. **Dark coloured berries** – antioxidants, multivitamin and minerals, low in sugar
5. **Fibre** – fresh ground flax seeds or psyllium to increase to ensure toxins are being excreted from the body.
4. **Nuts and seeds** – contain omega 3 and 6 fatty acids that are essential in most of our bodies' organ systems. Essential means we must get them from our diet as we don't make them on our own.
3. **Whole grains** – brown rice, quinoa, millet, amaranth. Do not contain high levels of gluten so are more easily assimilated into usable energy in most bodies. These grains contain protein for proper immune support, B vitamins, as well as complex carbohydrates that are slowly released to keep blood sugar stable.
2. **Protein, especially fish** – contains protein and omega 3 fatty acids. Choose fish lower in heavy metals such as salmon, scallops. As a runner, you should be getting between 0.85 and 1 g of protein/kg body weight.
1. **Fresh spring water** – Stay hydrated! Our bodies are made up of 70% water. Drink approximately 2L daily (8 cups).

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