

HOW TO SUPPORT YOUR *Immune System*

Zinc

Find it in:

Oysters, mussels, crab, lobster, organ meats, red meat, chicken, eggs, nuts, seeds, legumes

Vitamin C

Find it in:

Oranges, mandarin, lemon, lime, kiwi fruit, strawberries, rockmelon, paw paw, capsicum, broccoli, guava, Kakadu plum, acerola cherries

Vitamin D

Find it in:

Sunshine, tuna, mackerel, salmon, herring, sardines, liver, cheese, egg yolks, mushrooms, fortified foods

Vitamin A

Find it in:

Liver, meat, chicken, fish, dairy, eggs, sweet potato, capsicum, mango, tomato, apricot, rockmelon, carrot, kale, spinach

Probiotic Foods

Yoghurt, kombucha, kefir, sauerkraut, kin chi, miso, kavas, natto, tempeh, apple cider vinegar

Herbs & Spices

Basil, coriander, bay leaves, parsley, rosemary, oregano, cinnamon, cumin, ginger, chilli, garlic, turmeric

Medicinal Mushrooms

Chaga, corkyceps, lion's mane, maitake, oyster, reishi, shiitake, turkey tail

Lifestyle

Wash hands regularly, reduce stress, stay hydrated, get quality sleep, avoid alcohol, eat nutrient dense foods, include breathing exercises

Evoke Naturopathy

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