



NATURAL REMEDIES

# Build & Boost Immunity

Natural ways to help you stay healthy

By **Kristin Vukovic**

We're all probably feeling a little run-down after the holidays and can benefit from improving our immunity to stave off illness. Getting more sleep, eating well and staying hydrated certainly help. But what else can you do to bring yourself back into balance?

I asked Jamé Heskett, MD, author of *The Well Path: Lose 20 Pounds, Reverse the Aging Process, Change Your Life* (HarperCollins), to share her thoughts. "Nothing will work on the body to create a change unless it's sustainable," Heskett says. "You can't just tell the body something once and have it make a shift that becomes permanent. And that's what we're really trying to do, especially with our immune system. So whenever we're talking about adjusting the body, we want to bring it toward balance.

Here are Dr. Jamé Heskett's five favorite ways to help the body find equilibrium.

## 1. Take inulin and other prebiotics

"Gut health is paramount for everything," Heskett says. "Our Western diets have deranged and sometimes eliminated the healthy balance of microbes in our guts. Like

cutting the cable wires, the proper signaling can't occur and the system fails." Inulin, a soluble fiber from plant roots such as agave, is easy to digest and stimulates important gut bacteria. Heskett recommends Viv Agave Organic Blue Agave Inulin Powder, which easily dissolves in coffee, tea, smoothies or soups.

## 2. Make lymphatic drainage massage a habit like brushing your teeth

Improving circulation is key to regenerating tissue and to the mobilization of oxygen and nutrients into our systems, as well as the removal of oxidative products that destroy tissue and create inflammation.

Heskett recommends purchasing a natural bristle dry brush for at-home lymphatic drainage massage. “That brush should go right next to your toothbrush,” she says. “Do it before you brush your teeth, because if you associate one habit with another habit, the second habit will come along much more quickly and it will be sustainable. Doing this twice a day takes 10 minutes—and everybody has 10 minutes.” Start at the periphery with your toes, feet, fingers and hands, moving toward your heart and brushing your entire body with firm strokes.

### 3. Have sex—and orgasm

“We cannot survive without orgasm—it is absolutely the crux of our existence,” Heskett says. “So if you are having an orgasm, your body is registering procreation. And when it registers procreation, it is going to do everything in its power to support you surviving. It’s going to de-stress you and stimulate your immune system because that’s what’s going to help you survive. Natural killer cells go around and scavenge all of the bad things that could kill you and potentially bring you down.”

### 4. Get enough quality sleep

Sleep is one of the best natural remedies for your immune system. “All of our cells repair during this time,” Heskett says. Sleep also reduces cortisol, the stress hormone.

### 5. Set aside five minutes to breathe

Pranayama breathing is deep meditative breathing, which has been shown to improve the immune system by reducing cortisol production. “I tell people to do it when they’re getting ready to get out of bed in the morning,” Heskett says. “Just breathe in and out as deeply as you can. A lot of this is just bringing back that consciousness that allows us to nurture our body, to take care of ourselves.”

## Try This

### Recommended products for preventing and combating illness



#### Natrol: Immune Boost

The backbone of this potent immune defense is EpiCor, an immune-promoting yeast complex that includes vitamins C and D3, selenium and zinc. This superfood has been clinically shown to increase the activity of natural killer cells, which are part of the body’s natural immune defense. EpiCor also supports the body’s production of the antibody IgA, found in mucous membranes, which plays a critical role in immune function. [natrol.com](http://natrol.com)

#### Naturopathica: Vitality Tea

Tuck into a steaming cup of power-packed herbal tea featuring spearmint and peppermint to help open sinuses, and marshmallow and licorice to soothe the throat. Echinacea and elderflower support the immune system, while lemongrass helps alleviate achy joints, fever and exhaustion. [naturopathica.com](http://naturopathica.com)



#### Bonafide Provisions: Restorative Bone Broth

Packed with minerals including phosphorus, magnesium, calcium, silicon and sulfur, which help support immunity, this elixir was the first USDA-certified organic frozen bone broth. Developed by a clinical nutritionist, a nutritional therapist and CrossFit coach, and a professional chef, each batch is slow cooked and handcrafted. Flavors include Grass Fed Beef and Free Range Chicken—plus two brand new flavors, Free Range Turkey and Frontier Blend. [bonafideprovisions.com](http://bonafideprovisions.com)

#### Gaia Herbs: Daily WellBeing for Women and for Men

Gaia uses organic methods to cultivate more than 6.5 million plants annually in the United States and Costa Rica, harnessing their maximum potential with patented technology. Launched in April 2016, this multi-herbal supplement supports four areas of health: immune health, stress management, inflammatory response and men’s and women’s health. Plant-sourced magnesium, calcium and vitamin D3 help maintain wellness so you can stay healthy all season long. [gaiaherbs.com](http://gaiaherbs.com)



#### Boiron: Goldcalm and Oscilloccinum

At the first sign of sniffles, take these homeopathic medicines, which can help shorten both the severity and duration of cold and flu symptoms.



Oscilloccinum addresses flu-like symptoms such as body aches, headache, fever, chills and fatigue, while Goldcalm combats sneezing, runny nose, nasal congestion and minor sore throat. Although they are regulated by the FDA as a drug, these natural remedies don’t have side effects, they won’t interact with other medications and they are available over the counter. Remember to pack them before traveling so you’re covered—even at 35,000 feet. [boironusa.com](http://boironusa.com)