



LIVINGOOD DAILY

IMMUNE SUPPORTING FOODS



SUPER SEVEN, SICK SIX!

13 CRUCIAL FOODS FOR IMMUNE SYSTEM SUPPORT AND ILLNESS PREVENTION

1. FERMENTED FOODS

Benefits & Role

- A good source of Vitamin C
- Researchers at the University of Leipzig in Germany found that the good bacteria in fermented foods may play a significant role in boosting the immune system.

Types

- Fermented Vegetables: Carrots, Pickles, Olives
- Kombucha
- Kimchi
- Sauerkraut

2. MAGNESIUM

Benefits & Role

- Is involved in 80% of all chemical reactions in the body
- Acts as a calcium channel blocker thus preventing calcification
- Lack of magnesium causes migraines—research suggesting solely magnesium, L-Theaonate
- Doesn't elevate calcium, iron, copper as they cause oxidative stress

Foods High in Magnesium

- Pumpkin Seeds - (1 ounce) 168mg
- Almonds - (1 ounce) 80mg
- Spinach - (1/2 cup) 78mg
- Dark Chocolate - (1 ounce) 50mg
- Sea Salt - 1/2 Teaspoon

3. VITAMIN C

Foods High in Vitamin C

- Magnesium Ascorbate
- Acerola Cherry - 822mg/serving
- Kale - 80mg/serving
- Broccoli - 81mg/serving
- Brussels Sprouts - 49mg/serving
- Lemons - 83mg/serving
- Strawberries - 89mg/serving
- Oranges - 70mg/serving

4. APPLE CIDER VINEGAR (ACV)

Benefits & Role

- Provides potassium, vitamin C, antioxidants, and vitamin E
- Has antimicrobial activities
- Aids in weight loss and lowering blood sugar levels

5. ZINC

Benefits & Role

- Involved in growth and development, wound healing, taste and smell, and more
- Needed for the development of immune cells

Foods High in Zinc

- Natural or Organic Burger - 4.8mg/serving
- Chickpeas and Beans - 2.5mg/serving
- Pumpkin - 6.6mg/serving
- Cashews - 1.6 mg/serving

6. VITAMIN D3

Benefits & Role

- Vitamin D supports a strong immune response, lowers inflammation, and bolsters your body's soldiers for immune defense.
- With the sun being a large source of our Vitamin D, less sun exposure can result in reduced levels of Vitamin D.

Foods High in Vitamin D3

- Salmon - 520ius/serving
- Egg Yolks - 37ius/serving

7. OMEGAS

Benefits & Role

- Omegas help reduce inflammation by reducing the production of molecules and substances linked to inflammation
- Getting enough omegas-3s early in life is akin to a reduced risk of developing autoimmune diseases

Foods High in Omegas

- Flaxseed
- Chia Seeds
- Fish Oil - EPA/DHA

1. OVER FAT

- Defined as excess consumption of processed sugars and fructose
- Over fat calculation: Waist (in inches) needs to be half of your height (in inches) or less
- BMI could be “normal” but having high amounts of body fat is more detrimental to overall health.
- “Excess body fat is an important and little discussed risk factor in infectious viral diseases,” says Dr. Philip Maffetone. In relation to immune health, the earliest scientific data shows that those most vulnerable to infection includes people with diabetes, hypertension, cardiovascular disease, and chronic inflammation—conditions caused by excess body fat.
- During and after the 2009 influenza A/H1N1 pandemic, body mass index (BMI) was recognized as an independent risk factor for influenza, in particular, the severity of the illness, hospitalization, increased risk of spreading the disease, and death.
- Adipose tissue is also populated by a number of immune cells including T-lymphocytes and macrophages. Excess body fat, however, can impair immunity, with obese individuals having a higher incidence of immune and autoimmune diseases.
- Humans are constantly infected with multiple endogenous and exogenous viral agents, with an estimated generation of up to 1,012 new virus particles per day.
- A healthy immune system supported by normal levels of fat stores protects us in most situations from illness. However, the metabolic dysregulation of an over fat (or under fat) body can compromise the immune system to increase the risk of infections and chronic respiratory diseases.
- Over fat hosts also may have a break-down of the respiratory epithelium leading to fluid influx to the airway space, with obese mice more likely than lean mice to have increased lung permeability during infection.

2. RANCID OILS (SEED/VEGETABLE OILS)

- These are highly processed and refined which makes them too high in omega-6's
- Soybean, canola, corn, cottonseed, safflower, rapeseed, sesame, high linoleic sunflower, rice bran oil

3. OMEGA 6'S

- These *in excess* can cause problems
- Commonly found in store-bought crackers, breads, and tortillas, and packaged foods with rancid oils

4. ARTIFICIAL SWEETENERS

- Have been shown to disrupt the gut bacteria balance which can lead to GI issues.
- Aspartame, Sucralose (Splenda), Acesulfame K, Saccharin, Maltodextrin, Dextrose

5. GLUTEN/GRAINS

- Gluten can cause serious side effects in individuals. Reactions may differ between individuals. The side effects can range from mild (fatigue, bloating, alternating constipation and diarrhea) to severe (unintentional weight loss, malnutrition, intestinal damage) as seen in the autoimmune disorder celiac disease.
- Refined grains are stripped of their fiber and nutrients thus resulting in nothing but carbs and starch. They break down fast, and can lead to rapid spikes in blood sugar levels.

6. DAIRY

- Dairy filled with antibiotics and hormones wreaks havoc on the digestive system, and in turn, the immune system and several other human systems.
- Dairy also stimulates the release of insulin and protein IGF-1, which is linked to increased acne

Implementing these dietary changes is the key to success, so I recommend two things. First, start putting this into practice by jumping into our Livingood Daily Challenges. Second, dive into your nutrition even further and get hundreds of healthy, quick, and delicious recipes with my [Make Food Simple](#) cookbook.

Live Good!

Dr. Livingood





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