

12 Tips for Boosting Your Immune System



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#1 Eat a variety of healthy foods

NuTricia's Plate

Three different fruits per day

Stay hydrated by drinking water (nature's beverage)

Healthy Fats (in small amounts) such as Nuts, Seeds, Avocado, Extra Virgin Olive Oil, Organic Canola Oil, etc.

Supplements (as needed) such as Vitamin D, calcium, etc.

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#2 Decrease sugar



Dietary sugars inhibit biologic functions of the pattern recognition molecules, mannose-binding lectin

Abstract

Introduction

...our studies show that dietary sugars, in particular fructose, negatively regulate the innate immunity against viral and bacterial pathogens."

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Soda and Sugary Drinks

- Direct link to diabetes
- Increase blood pressure and triglycerides
- Increase risk for metabolic syndrome
- Associated with gout

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#3 Limit alcohol

Alcohol

- Too much alcohol can suppress the immune system
- Can interfere with the restorative function of sleep
- Moderation is key



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Drink alcohol in moderation, and don't start if you don't drink

Alcohol Limits:

Women: 1 per day

Men: 2 per day until mid 60's, then 1 per day

An alcoholic drink is defined as a 5 oz glass of wine, a 12 oz beer, or 1.5 oz of 40% (80-Proof) distilled spirits or liquor.



Source: Centers for Disease Control and Prevention
<https://www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm>

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#4 Get adequate sleep



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Sleep Stages

5 stages of sleep

4 stages are NREM (Non Rapid Eye Movement)

Stages 1 and 2 are lighter sleep

Stages 3 and 4 are deeper sleep

Physical restoration: Body heals, repair and regeneration of tissues

REM (Rapid Eye Movement) Sleep

Mental Restoration

90 minute cycle to go through all the stages

Need 4-5 cycles to restore your body (4 cycles is 6 hours

5 cycles = 7.5 hours sleep)

Adult sleep duration recommendations: (26-64 years old): 7-9 hrs

Older adults (65+): 7-8 hrs

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The 8-Great Sleep Tight Tips: Sleep Hygiene is key!

1. Have a sleep schedule
2. Eliminate caffeine especially after 2 pm
(some may need to eliminate it all together for best results)
3. Limit alcohol, especially 3 hours before bed
4. If exercise keeps you up, exercise in the earlier part of the day
5. Get some sensible sun in the early part of the day
6. Wind down 1 hour before bed, dim lights, turn off electronics.
7. Eat a balanced diet
8. Eat a varied diet



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#5 Move your body

Research supports 150 - 420 minutes or more per week of physical activity for wellness (top of range beneficial for weight loss)

Government guidelines: 150 minutes cardio (2 hours and 30 minutes) per week- 300 + minutes + (5 hours) moderate intensity, strength training 2 x's per week

- Older adults should add balance training
- Strength training is necessary to help preserve muscle mass during weight loss
- *Exercise doesn't have to be done in 10-minute increments, any movement is helpful!*

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Expose yourself to forests and trees

- boosts the immune system
- lowers blood pressure
- reduces stress
- improves mood
- increases ability to focus
- accelerates recovery from surgery or illness
- increases energy level
- improve sleep



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#6 Wash your hands. Don't smoke. Limit your exposure

1. Wash hands

- Before and after shopping trips
- After putting food/supplies away
- Before and after you eat
- After using the bathroom

2. Don't Smoke

3. Limit your exposure

- Social distancing 6 ft
- Wear a mask



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7. Limit/Avoid #Frankenfood and compounds/ingredients that don't support long-term health.



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Processed Food

Avoid the following:

- Artificial Colors, Flavors, Sugars
- Additives and Preservatives
- Pesticides
- GMOs

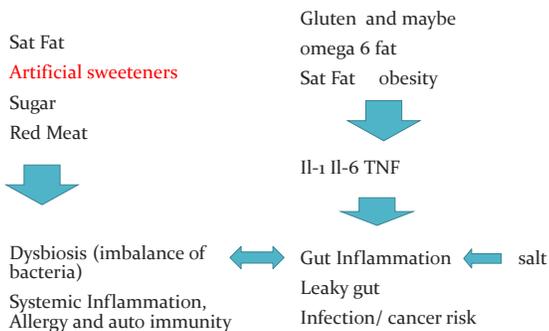


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How an Unhealthy Diet Can Lead to Inflammation and Impact Your Immune System



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Red Meat



-Associated with cancer, heart disease, earlier mortality

-Replace with fish, beans, poultry

"One daily serving of unprocessed red meat (about the size of a deck of cards) was associated with a 13% increased risk of mortality, and one daily serving of processed red meat (one hot dog or two slices of bacon) was associated with a 20% increased risk." - 2012 study, Harvard School of Public Health

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Fried Food

Acrylamide, a human carcinogen, forms when certain foods are cooked to a high temperature:

Top foods to avoid are French fries, potato chips, roasted coffee beans. Cookies, crackers, and bread also pose a risk.



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8. Have a positive attitude

- Limit the news
- Gratitude journal
- Read, watch, and listen to motivational people
 - Les Brown
 - Brian Tracy
 - Anthony Robbins
 - Oprah Winfrey
 - Jack Canfield
 - Norman Vincent Peale: The Power of Positive Thinking
- Increase your energizers

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Increase Your Energizers

Energizers: Make time for the things you enjoy and things that replenish you

Plan them into your life over next few weeks

Examples:

- Reading
- Photography
- Writing Poetry
- Scrapbooking
- Exercising
- Watching Comedians



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9. Stay connected and engage in purposeful activities

- Zoom meetings and hangouts
- Book Apps Available from your Library: Hoopla, Overdrive
- Social Media Networking for Book Lovers: <https://www.goodreads.com/>
- Digital Magazines Available from your Library:
- Podcasts
- Virtual Tours: <https://www.nps.gov/>
- Cleaning Projects



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10. Maintain a healthy weight

Obesity can impair immunity

- Over-eating may generate free radicals that can damage cells
- Excess bodyfat, particularly in the abdomen can generate inflammatory processes
- Obesity puts you at risk for severe illness from Covid

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11. Stretch and be mindful

- Yoga (aka stretching) and meditation can help you relax
- “The clinical implication of our findings is that the posture when using a smartphone leads to reduced respiratory function.”
 - Journal of Physical Therapy Science
- Improve your posture through stretching
- Yoga may reduce inflammation
 - Free Yoga- Yoga with Adrienne on YouTube

Meditation can be looked at as fitness or wellness for your mind that can help you feel calm and ease anxiety or unpleasant feelings.

Awesome App for Meditation: Insight Timer

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12. Shop for and eat immune-supporting nutrients, foods, and herbs/spices



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Consume a variety of foods to get your micronutrients!

“Deficiencies of zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, and E — alter immune responses in animals”- Harvard School of Public Health

Zinc: spelt, scallops, sesame seeds, pumpkin seeds, oats, yogurt

Selenium: Brazil Nuts, halibut, sardines, turkey, chicken, cottage cheese, brown rice, egg, oatmeal, spinach, yellowfin tuna

Iron: beans, sunflower seeds, tofu, whole grains, oysters, light tuna, chicken, turkey, raisins

Copper: sesame seeds, cashews, crimini mushrooms, soy products, barley, sunflower seeds, garbanzo beans

Folic acid: dark leafy greens like spinach and romaine, whole grains, avocado, broccoli, beans, peas, bananas

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Vitamin A: Orange/yellow vegetables and fruit, sweet potato, spinach, carrots, cantaloupe, peppers, mangos, black-eyed peas, apricots, broccoli

Vitamin B6: Chickpeas, salmon, chicken, potato, turkey, banana, winter squash

Vitamin C: Red/green bell peppers, orange, grapefruit, kiwi, broccoli, strawberries Brussel's sprouts, tomato, cantaloupe, cabbage cauliflower, spinach, green peas, potato

Vitamin E: Nuts and seeds and their oils, green vegetables such as spinach and broccoli, extra virgin olive oil

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Additional Immune Boosting Gems

Chicken soup/bone broth/pho: may help thin the mucous in the respiratory tract helping you to get better faster when you have a cold

Oats/barley: contain beta glucan fiber with anti-inflammatory, antimicrobial properties

Mushrooms: May boost immunity and decrease inflammatory molecules

Black and Green Tea: contains L-theanine, an amino acid that may play a role in fighting bacteria, viral, fungal and parasitic infections



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Probiotics

- Decrease inflammation in the intestines
- Decrease diarrhea
- May reduce intestinal permeability



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Lemons, Apples, and Selenium

Citrus fruits such as lemons may protect against asthma through antioxidant properties.

-Journal of Food and Function 2020

Apples and selenium may protect against asthma

-American journal of respiratory and critical care medicine, 2001

Selenium sources: Brazil nuts, yellowfin tuna, halibut, sardines shrimp, turkey

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Anti-inflammatory Foods

Fruits: Strawberries, Blueberries, Oranges, Cherries, Tomatoes, Avocados, and More

Vegetables: Leafy greens: Spinach, Kale, and more

Nuts and Seeds

Extra Virgin Olive Oil

Fatty Fish



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Omega 3 Fats

Eat more fish!

Salmon, halibut, herring, trout, anchovies

Vegetable Sources:

Flaxseed and oil, walnuts, pumpkin seeds, soy, chia seed, hemp seed



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Vitamin D

Deficiency may play a role in MS and Type 1 Diabetes

Small study suggests may protect against flu

Older cases and males with pre-existing conditions have a higher risk of dying from Covid

-Journal of Nutrient Review 2020



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Honey



- May heal wounds
- May suppress cough
- May help fight infection, but more evidence needed
- It is still a simple sugar, so limit your intake.

Try Manuka and Local Honey!

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Anti-viral Spices

Rosemary

Ginger

Turmeric

Oregano

Basil

Garlic

Peppermint



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Don't forget to eat the rainbow...



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