



Immune Boost

MaxLiving Perspective
Incorporating 5 Essentials™



The immune system works to prevent and fight infections in the body.¹ It is composed of many cells, proteins, tissues, and organs that work together to recognize and fight off antigens, or foreign substances that create disease.² Usually, the immune system effectively protects the body from infections. However, certain conditions and lifestyle practices can weaken the immune system, causing increased susceptibility to illness and disease.³

The good news is that you can boost your immune system to help prevent diseases by following these healthy eating and lifestyle modifications.



Core Chiropractic

- **Get a chiropractic exam.** The nervous system and immune system are interconnected.⁴ Chiropractic care and adjustments work to remove inflammation and interference in the nervous system, allowing better communication and activation of the immune system.⁴
- **Maintain regular chiropractic care.** One study found that patients who maintained chiropractic care for at least five years had a 200% stronger immune system than patients who were not under chiropractic care.⁵



Nutrition

- **Include cruciferous veggies in your diet,** such as broccoli, kale, and cabbage.⁶ Cruciferous veggies are packed with critical vitamins and minerals, as well as a compound called indole-3-carbinol which, when broken down through chewing and digestion, produces a substance called DIM.⁷ DIM has immune-boosting properties.^{8,9}
- **Flavor your meals with herbs and spices** like turmeric, garlic, and ginger. These spices contain compounds that have potent immune-boosting benefits.^{10,11,12,13,14}
- **Avoid added sugars.** Instead, use stevia or xylitol. Sugar binds to proteins through a process called glycation.¹⁵ During glycation, harmful compounds known as AGEs are produced, which hinder the immune response.^{16,17}
- **Consume foods rich in vitamin C,** such as oranges, bell peppers, and strawberries.¹⁸ Vitamin C supports the barrier function against harmful bacteria, and helps to both prevent and treat infections.¹⁹
- **Eat fermented foods** like kimchi, sauerkraut, and no-sugar-added organic yogurt.²⁰ These foods contain probiotics, which are healthy bacteria that colonize the gut and help fight off infections.²¹
- **Increase your consumption of omega-3 fatty acids** from cold-water, wild-caught fish, grass-fed meats, raw walnuts, flaxseeds, and hemp and chia seeds.²² Omega-3 fatty acids enhance the production of antibodies, which are proteins produced by our body that destroy foreign invaders.²³ This, in turn, strengthens immune response.²⁴



Mindset

- **Get 7 - 9 hours of quality sleep per night.**²⁵ Sleep is the body's restorative process where we heal.²⁶ Cytokines, which are proteins that create an immune response to infection and inflammation, are produced and released during sleep.^{27,28} In turn, the lack of sleep decreases the production of cytokines, lowering immune response.²⁹
- **Learn to manage stress.** Stress decreases the number of lymphocytes (cells that fight infection) in the body.³⁰ This results in a decrease in the immune system's capability to fight off toxins.³⁰

Oxygen & Exercise

- **Exercise consistently.** Practice a lifestyle of moderate-intensity exercises such as jogging, swimming, and biking.³¹ Strive to exercise for about 30 minutes, 3-4 times per week.³² Moderate exercise can boost the immune system to reduce one's susceptibility to illness.³³

Please consult with your healthcare practitioner before starting any exercise program.

Minimize Toxins

- **Avoid smoking.** Cigarette smoke contains thousands of chemicals that decrease the immune system's ability to fight infections.^{34,35}
- **Consume alcohol in moderation.** Too much alcohol can weaken the immune system, increasing the risk of disease.^{36,37}
- **Wash your hands regularly.** Washing your hands can reduce respiratory illness by up to 21%.³⁸ Be sure to lather your fingers, hands, and under the nails with soap and scrub for at least 20 seconds before rinsing.³⁹

Nutrient Support*

Talk to your healthcare practitioner about including these and/or any other nutraceuticals in your dietary practices.

Immune Boosting Nutraceutical Recommendations

Nutraceutical	Instructions for Use
Daily Defense	1 capsule daily with a meal
Probiotic 50B	1 capsule daily with a meal
Vitamin C Complete	2 capsules daily with a meal
Garlic + Parsley Oil Blend	1 softgel daily
Vitamin D3 + Probiotics	1 capsule daily with a meal

- For enhanced support, consider **Silvercillin** from Designs for Health, which can help protect against unwanted organisms.

Daily Essentials for Men or Women

Contains	Instructions for Use
Two (2) capsules of Multivitamin (Men's or Women's)	One packet daily with a meal.
One (1) capsule of Vitamin D3 + Probiotics	
One (1) capsule of B-Complex with Delayed Release	
Two (2) softgels of Optimal Omega	
Two (2) capsules of Magnesium Glycinate	

Never modify any medications or other medical advice without your healthcare practitioner's support.

*For optimal results, we recommend you have you undergo a metabolic analysis profile test, which tests for key biomarkers that identify nutritional deficiencies, toxicities, bacterial overgrowth, and drug effects. Talk with your MaxLiving Chiropractor about the Metabolix Program to get tested and be able to obtain a more customized health plan.

For More Information & References

Visit <http://bit.ly/immuneperspective>

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