

# Boosting Your Immunity

Last week I wrote about Ryan and his constant stuffy nose and frequent bouts of secondary infections of the throat. That probably sounded familiar, bringing to mind one or more members of your family. While dietary changes will be needed to address the root of a chronic stuffy nose, here are some thoughts on how to support you or your child's body from producing secondary infections that happen so often during the winter months—long known for that time of year when we are more inside and in much closer exposure to others, frequently traveling, and under additional stress at work or school.

Here are five of my favorite winter tips to boost your immune system:



1. This DIY warming and immune boosting tea. A great daily sip for you at the office or as an afterschool treat for the kids.
2. A big steaming pot of veggie-full miso broth. South River Organic is by far my favorite miso brand and some flavors are available locally at Wheatsville and Whole Foods while the rest can be obtained online. I consistently vary the veggies, but always include a healthy portion of mushrooms and greens like bok choy or fresh spinach. Remember—miso is a living fermented food that should not be cooked—stir the paste into the hot veggies and broth right before serving.
3. The magic sock treatment! At the first sign of a sore throat or oncoming symptoms bring out the wool socks and

follow each step precisely and stimulate the healing power of hydrotherapy introduced by Sebastian Kneipp in the 1850's. This is best repeated three days in a row.



4. Rebound your way to healthy lymphatic drainage boosting your immunity and working in your daily exercise. Check out this great blog post by life coach Barrie Davenport who shares her discovery of rebounding and helpful tips for exercising with one.
5. Gemmotherapy protocols that are customized by your practitioner to support your individual areas of weakness. Because gemmotherapy both optimizes elimination organs and provides phytonutrients to organ tissues, it is now the most potent plant based medicine available.

Curious about what organs make up your immune system? Here is a great article with further information.