



Knowledge is
your secret
weapon to good
health.

IMMUNE HEALTH

Underactive Immunity

An underactive immune system does not function properly and leaves us vulnerable to infection. There are some common signs and symptoms to watch out for that may point to an underactive immune system: You have high levels of stress, you always have a cold, you have lots of gut issues, your wounds heal slowly, you have frequent infections, or you feel tired all the time. You may want to consider incorporating some natural lifestyle and product recommendations for immune function, if you have any of the above symptoms.

Contributing Factors

Stress, poor sleep habits, poor diet (high in refined foods/sugar), nutrient deficiencies, poor gut health (dysbiosis, low stomach acid, enzyme deficiency), lack of exercise, medications, poor hygiene, dehydration, age

Lifestyle Recommendations

- Engage in regular, moderate exercise which helps to stimulate the lymph (a huge component of the immune system). Aim for at least 20-30 minutes a few times a week.
- Hydrate! It is often underestimated how beneficial water is and the amazing differences you can notice with just getting enough hydration. Water helps us flush harmful toxins and bacteria from the body. Aim for 8-12 cups per day, depending on activity level and how much caffeine you consume.
- Minimize sugars, excess caffeine, alcohol, trans/hydrogenated fats, and refined/processed foods. Focus on whole, organic foods as much as possible. Lots of fresh fruits and vegetables, quality proteins, and plant-based sources of fats are all great to include!
- Stress has a huge detrimental effect on immune function. If stress is chronic, the adrenal glands are always releasing cortisol, which suppresses the immune system. Finding ways to manage stress is crucial.

Product Recommendations

Ensure basic nutrition: Multivitamin, Omega 3 Fatty Acids (Fish/Plant Oils), Protein, Greens

Support gut health: Probiotics, Digestive Enzymes, Betaine HCl (if stomach acid is low), Fibre, L-Glutamine

Stress support: Ashwagandha, Rhodiola, Schisandra, Holy Basil, Saffron, Siberian Ginseng, Suma, St. John's Wort

Important immune support vitamins/minerals: Vitamin A, Vitamin C, Vitamin D, Zinc, Selenium

Anti-viral, anti-bacterial & immune boosting supplements: Echinacea, Elderberry, Goldenseal, Licorice, Garlic, Bee Propolis, Oregano, Silver, Astragalus, Olive Leaf, Ginger, Manuka Honey, Honeysuckle, Forsythia

Immune modulators: Plant Sterols, Beta Glucans, Colostrum, Mushroom Blends

Herbs for respiratory symptoms: Mullein, Wild Cherry Bark, Rosemary, Horehound, Thyme, Horseradish, Oregano

Antioxidants: Vitamin E, Quercetin, NAC, ALA, Green Tea Extract, Resveratrol, Grape Seed Extract

Book a free 15 minute consult with a GNN Product Advisor!

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