



# HOW TO SUPPORT YOUR *Immune System* & STAY HEALTHY!

AT THIS TIME IN OUR LIVES, IT IS MORE IMPORTANT THAN EVER TO KEEP YOUR  
IMMUNE SYSTEM HEALTHY AND STRONG.

Our immune system is the body's defense mechanism against all foreign invaders including bacteria, viruses and allergens. When the immune system is out of balance, we fall victim to these invaders and this can compromise our health.

Our first line of defense against sickness and immune challenges is to follow and support a healthy lifestyle. Your body will be able to function optimally and be able to fight off infection when you adopt habits that include consuming a healthy diet, exercising regularly, getting adequate rest and taking appropriate quality supplements.<sup>†</sup>



<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# A Healthy Diet is Key to Support Your Immune System

Nutrition plays a major role in supporting the immune system. Protein, antioxidants, essential fatty acids and certain key vitamins and minerals are all vital to a healthy immune system.

Whether you are working from home, out in the workforce, or caring for a loved one, it's important to keep your body properly nourished with healthy foods and keeping treats to a minimum.

*We know, it's hard!  
Here are some tips:*

- Try to stick to your normal eating routine
- Don't skip meals
- Consume adequate protein every day
- Choose clean, quality protein such as organic chicken, turkey, fresh fish such as salmon
- Have a quality, organic protein shake such as Raw Organic Protein, Raw Organic Fit or Raw Organic Meal
- Include plenty of fresh organic fruits and veggies for vitamins, minerals & fiber

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## Avoid Sugary Foods & Alcohol

This may sound like an impossible task if you crave sugar when you are stressed, but it doesn't have to be difficult. Like it or not, high-sugar foods and drinks feed bad bacteria in the body and also promote inflammation which makes fighting off viruses and infections much harder.†

*Here are a few tips on how to avoid "bad" snacking and drinking:*

- Stock your fridge with veggies, greens & low-sugar fruits
- Snack on veggies & hummus between meals
- Have a filling, delicious protein shake with added berries—think of it as dessert!
- If you would like a drink, limit it to one glass of red wine for its antioxidants
- Instead of reaching for a bad snack, reach for a game or puzzle to occupy your mind.

Remember, sugary foods not only impact your waistline but also impair your immune system and your body's ability to ward off illness.



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# Probiotics for a Healthy Immune System

With about 70-80% of our immune system cells located in our gastrointestinal tract, a strong immune system starts with a healthy gut.<sup>†</sup> Many people aren't aware of the importance of adding high-quality probiotics—good bacteria—to support a healthy digestive and immune system.<sup>†</sup> So don't wait until you get sick! Give your body a head start with a probiotic supplement.

## Here is What to Look for:

- Especially now, look for a high-potency probiotic with a high CFU count and multiple probiotic strains
- Seek out clinically studied strains such as *Lactobacillus rhamnosus* GG, *Lactobacillus acidophilus* NCFM, *Bifodobacterium lactis* HN019 along with other important strains such as *Lactobacillus fermentum* which has been studied for its upper respiratory immune benefits.
- Look for a formula that includes prebiotic fiber—or make sure to add organic prebiotic formula to your diet. Prebiotic fiber nourishes the probiotics that support the immune system.<sup>†</sup>

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# Immune Support for Seniors

It's no secret that the elderly are most susceptible to contract infectious diseases and need to take special care especially during flu season. Whether you yourself are over the age of 65, or perhaps you are caring for an elderly loved one...

## There are a few things to remember:

- Older people tend to eat less so proper nutrition is critical
- Eat 3 healthy meals per day to avoid snacking
- Be sure that high-quality protein is included in each meal
- Add a protein shake with added greens or berries
- Key vitamins and minerals are a must for the elderly
- Take a high quality multivitamin and eat plenty of veggies and fruits
- Stay active and moving—everyday walks are great
- Stay hydrated—drink plenty of water even when you're not thirsty



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# Key Vitamins & Minerals for Immune Support

Be sure to include a wide variety of colorful organic vegetables and fruits in your diet to get the antioxidants you need to help fight free radicals and boost that immune system. All vitamins and minerals are important, but we are going to focus on three that you want to be sure you are getting enough of, especially during this time:

## VITAMIN C

No surprise here! Vitamin C is an essential micronutrient and is a potent antioxidant to support our body's immune defense system.†

- Look for foods such as organic bell peppers, kiwi, citrus fruits & broccoli
- Try to steer clear of orange juice as it is full of sugar
- Supplement with *mykind Organics* delicious Vitamin C sprays—great for the entire family!

- Get outside and enjoy at least 20 minutes of sunshine on your skin (without sunscreen) regularly
- You may want to supplement with Vitamin Code Raw D3, *mykind Organics* D3 sprays or chewables

## ZINC

Zinc is an essential mineral that plays a role in immune function and protein synthesis.† It's primarily found in meat so for vegans and vegetarians, zinc supplementation is recommended.

- Look for grass-fed meat which is high in bioavailable zinc
- Vegans & vegetarians may have a higher need for supplementation
- Supplement with Vitamin Code Zinc (30mg) for those needing an extra boost

## VITAMIN D

Although vitamin D is important to support a healthy immune system, it is highly unlikely that you have optimal levels of it in your blood unless you are supplementing.

- Not many foods offer much in the way of vitamin D except fatty fish such as salmon, tuna and mackerel



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# Herbals with Immune-Boosting Properties

Herbals have been used for medicinal purposes since the days of ancient Egyptians when they became aware of their benefits. We're going to focus on two herbals you definitely want in your medicine cabinet for a healthy immune system.

## ELDERBERRY

Rich in polyphenols which are good for your immune system, Elderberry has been highly studied demonstrating its immune-supporting properties.†

- Include berries of all kinds—especially organic elderberries—in your diet
- Add to shakes, smoothies and include in baking
- Supplement with *mykind Organics* Elderberry Gummies and Liquid with added vitamin C and Zinc

## OIL OF OREGANO

Yep! Oregano oil is high in phenols (thymol and carvacrol) which have beneficial antioxidant effects to help boost your immune system.†

- Has been used as a traditional medicine for over 2,000 years
- Carry Oregano Oil with you at all times, but only use at the very first sign of sniffles or a cold
- Try *mykind Organics* Oil of Oregano (only 6 drops per day taken in a glass of water between meals)



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# Two Unlikely Immune Boosters

## —Cod Liver Oil & Mushrooms†

### COD LIVER OIL

Who knew? Yes, the old staple, cod liver oil is a great source of vitamins A and D which provide support to the immune system.† But, you don't want to take just any cod liver oil—over the summer—Garden of Life will be launching our Dr. Formulated Omega-3 line which will include our Alaskan Cod Liver Oil.

### What makes it different:

- Boats are designed to freeze the cod livers immediately on board after harvesting
- 100% line-caught
- This process assures the naturally occurring vitamin A and D are all included in the final product



### MUSHROOMS

They may not be the first thing you think of for immune support, but mushrooms are used all over the world for their many health benefits, including the immune system.†

- Mushrooms contain B vitamins and the antioxidant selenium
- Try RM-10 Ultra with a unique combination of 10 unfermented mushrooms plus 4mg of lycopene—a powerful antioxidant.

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# Manage Stress & Anxiety

It's no secret that stress wreaks havoc on our overall wellness. Managing stress, reducing anxiety and getting plenty of rest and sleep are critical to maintaining a healthy immune system. Stress hormones like cortisol weaken the immune system, making you more susceptible to infection.

### Here are a few tips and supplementation options that may help:

- Try stress relief techniques such as yoga, meditation and deep breathing
- Concoct a soothing essential oil recipe that includes lavender, chamomile, frankincense and lemongrass (to name a few). Experiment with different fragrances.
- Exercise regularly—helps to relieve stress
- Talk to someone. Don't hesitate to call a friend or family member to talk about your anxiety. Keeping everything locked in can be very detrimental to your health.
- Try supplementation such as *mykind* Organics Sleep Well, Rest & Refresh or look to our Dr. Formulated CBD line for several helpful formulas to manage sleep and for relaxation.†





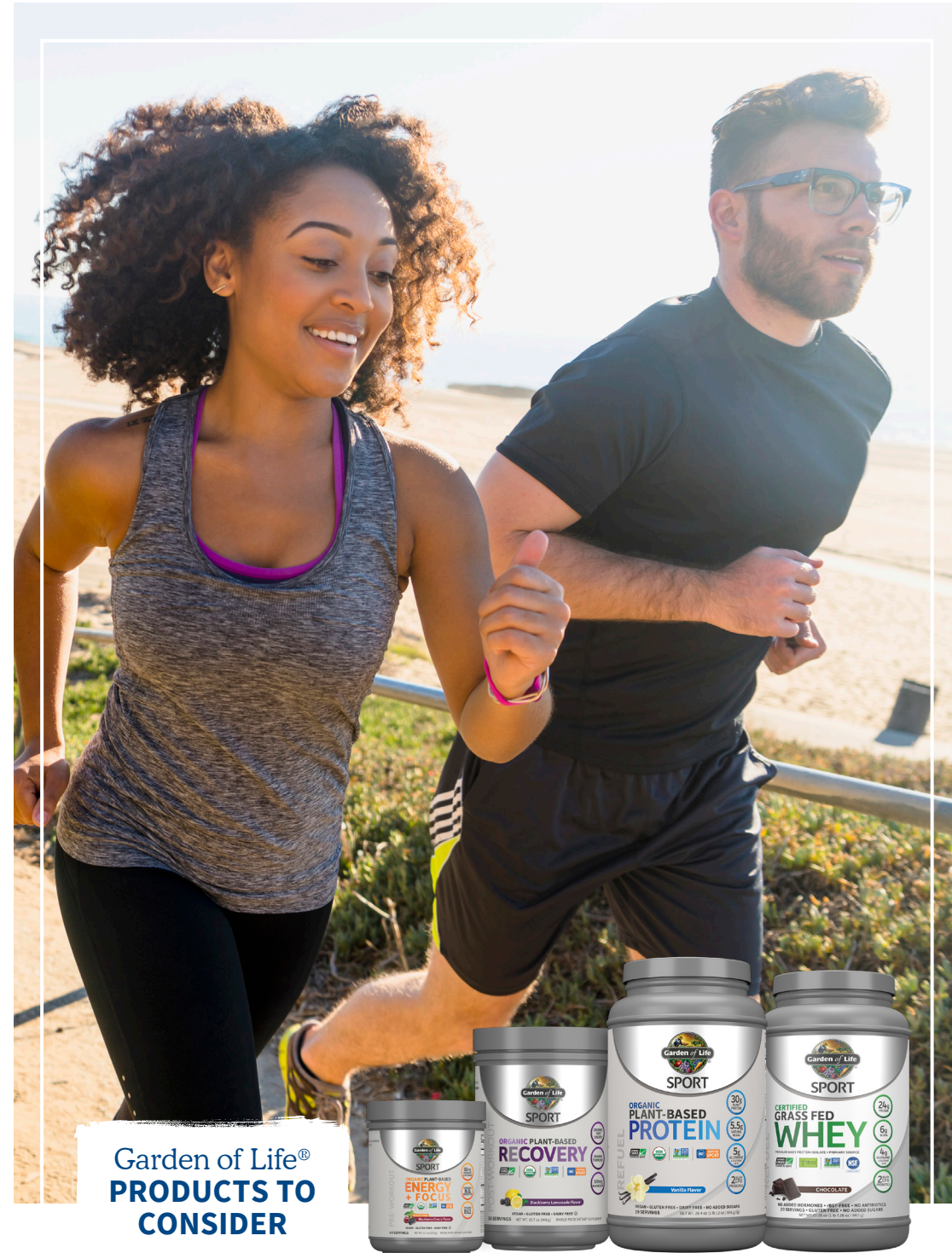
# Exercise & Stay Active

Staying active and exercising regularly, especially during times of stress, is extremely important as it can help to boost immunity and help keep you healthy.<sup>†</sup> Exercise has been shown to lower stress hormones which can increase the chances of getting sick. Again, it goes back to importance of keeping stress levels down. You don't have to become a professional athlete to stay active, if you're a beginner start out slow and increase your activity every day.

## Here are a few tips:

- Start by walking at least 20 minutes per day. If you are already doing that, increase it by five to ten minutes per day.
- Go for a jog or a bike ride
- Get a jump rope and feel like a kid again
- Use items right in your home for an all-body workout. Search online for home workouts—they are easily found.
- Supplement with our SPORT line of proteins that have an added probiotic *B. lactis BL-04* which has been clinically studies and shown to support immune health during intensive exercise.<sup>†</sup>

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# Stay Properly Hydrated

This statement holds true whether you are working out or not. Hydration is super important to keep the body functioning at its best.

## Here are a few tips and options that may help:

- Drink plenty of clean water throughout the day: experts recommend eight 8-oz glasses per day.
- Try organic herbal and green teas
- Avoid soda and limit alcohol as it is a diuretic
- Avoid caffeine if possible—or at least limit your intake



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