



# Support Your Immune System Naturally

Your immune system is made up of a network of cells, tissues and organs. It is the body's defense against infectious organisms and other invaders through a series of steps called the immune response.

## White Blood Cells

Two types of white blood cells that protect the body against infection Phagocytes & Lymphocytes.<sup>2</sup>

### Lymphocytes

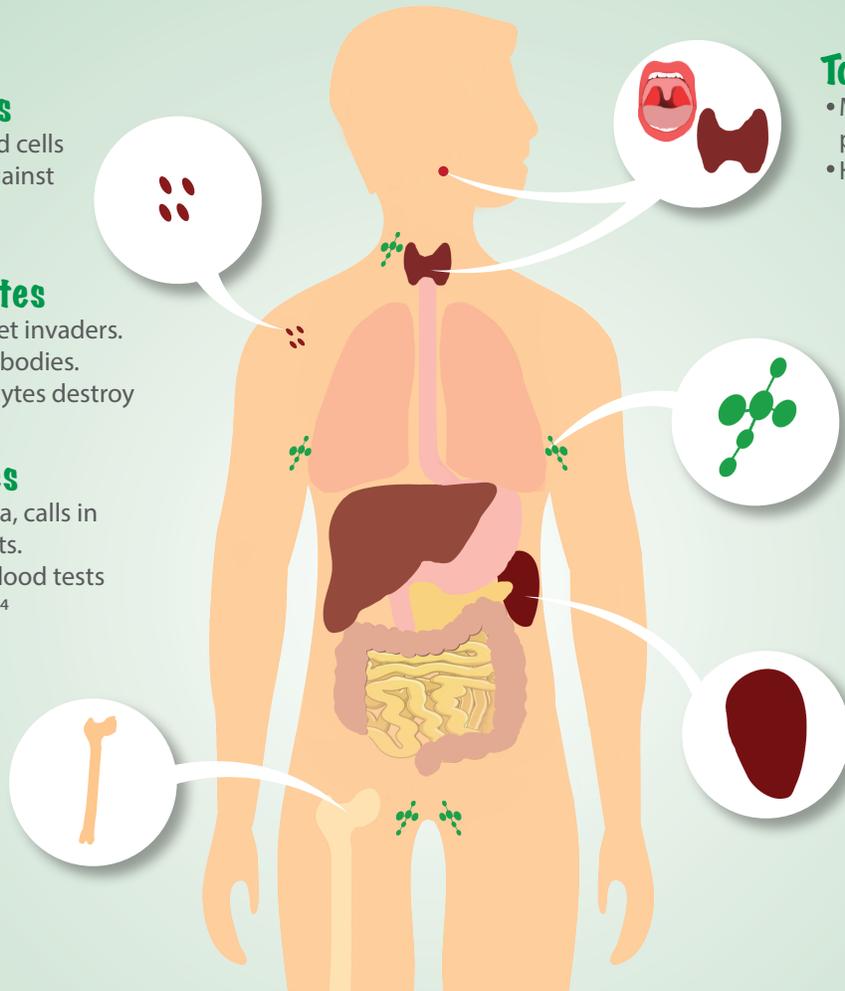
- Find and target invaders.
- Produces antibodies.
- Helps Phagocytes destroy invaders.<sup>3</sup>

### Phagocytes

- Fights bacteria, calls in reinforcements.
- A marker in blood tests for infections.<sup>4</sup>

## Bone Marrow

- Produces red and white blood cells.
- Produces platelets to help blood clot.



## Tonsils & Thymus

- Make antibodies to protect your body.
- Helps you recover faster.

## Lymph Nodes

- Sends lymph fluid, nutrients, and waste between the body tissues and the blood stream to trap bacteria & viruses.<sup>1</sup>

## Spleen

- Filters blood.
- Helps destroy bacteria.

# Support Your Immune System

## Sleep

Sleep deprivation can make you more susceptible to sickness and increase the duration of your symptoms and recovery.

## Vitamins & Herbs

Certain vitamins and herbs can help boost your immunity including cinnamon bark, ginger, stinging nettle. [To learn more read our article on Herbs that Fight Cold and Flu.](#)

## Eat Right

The vitamins and minerals from a balanced diet can help boost your immune system including Vitamin A, Vitamin B6, Vitamin C, Vitamin D, Iron and Zinc.

## Exercise

Promotes circulation, allowing cells and substances related to the immune system to move through the body efficiently.

The medical and/or nutritional information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

1-2 WebMD Medical Reference. Components of the Immune System. 2014. Accessed November 29 2016.

3-4 WebMD Answers. What Are Lymphocytes. 2012. Accessed November 29 2016.