

# 10 Ways to boost your immune system.

## WE. CAN. DO. THIS.

By Sumya Anani, owner of [Learning2Fly](#).

### 1. Exercise and move.

Go for a walk. Breathe the fresh air. If you're feeling cooped up, nature is always a great healer. Do deep breathing practices outside.

### 2. Think of the power of plants.

Grow sprouts. Bathe your body in minerals. Add turmeric, ginger. The trinity roots are garlic, ginger, and onion. Sauté them lightly in a pan. Add mushrooms—some are thought to be important for building physical strength and reducing inflammation. Indoor plants will lift your spirits. Green is a powerful healing color. Wear it. Surround yourself with it.

### 3. Drink apple cider vinegar every day.

Add liquid elderberry. It's high in Vitamin C. Add lemon and drink this mixture first thing in the morning on an empty stomach. This healing tonic can help support the body.

### 4. Eat nutrient-dense meals and snacks.

Choose plant-based foods, including nuts, seeds, grains (if you don't have allergies), veggies, fruits, and sprouts. These are real, living foods.

5. Take Vitamin D and Vitamin B-12. Many studies show that maintaining proper vitamin D levels can be beneficial in fighting illness. We all spend way too much time indoors, under artificial lights. Let this sabbatical be a chance to reconnect to the wisdom of our ancestors. Sun is the source of all life. Our bodies naturally produce Vitamin D from sun exposure, so getting outside is always a good idea.

6. Just chillax. Stress lowers our immunity. Watch some breathing or meditation videos.

7. Mind your mind. Probably the most important factor is your own mindset. Don't be a negative nelly. Everyone is struggling. Focus on what is good about your situation. Gratitude is a powerful elixir.

8. Engage the social network. This is a great time to reconnect through telephone or Skype calls with the people we've been missing. Studies show that strong social ties boost the immune system and help us live longer.

9. Practice random acts of kindness. Kindness is healing. Do something nice for someone you love. When you go shopping, don't buy the last roll of toilet paper. Check on friends and people who are at risk. Think about someone other than yourself. It works miracles.

**WE. CAN. DO. THIS.**

Breathe. Slow down. Read. Turn the gadgets off for a while.