Personalized Nutrition for Immune Resilience

Each of us has a unique immune response. Individual responses require individualized interventions. Personalized nutrition is uniquely equipped to prevent and manage inflammatory chronic conditions in high-risk groups and to optimize immune health for all.

Creating Immune Resilience

1. Balance Inflammation
2. Address Insulin Sensitivity
3. Support Healthy GI & Microbiome
4. Prime Stress Response
5. Optimize Nutrient Status

Key Immune Components

- Vitamin A
- Vitamin C
- Vitamin D
- Luteolin
- Melatonin
- Quercetin
- Resveratrol
- Zinc

You can support immune health today and everyday by incorporating:

- Phytonutrients from a variety of colorful plant foods
- High-quality protein sources
- Herbs and spices like turmeric, oregano & rosemary
- Regular movement, rest, & stress relief
- Fresh leafy green vegetables like cabbage, spinach & kale
- Healthy fats like omega-3 rich fish, avocado & coconut
- Social connections with loved ones
- Citrus fruits containing quercetin & hesperidin
- Green tea provides catechin and EGCG
- Nuts and seeds high in Zn and Se like sunflower seeds & Brazil nuts
- Time in nature for wellbeing, fresh air & safe sun exposure

Getting to Know You

FOOD & EATING HABITS
LIFESTYLE
- Sleep, activity, stress, social

BIOMARKERS
- 25-hydroxy vitamin D
- C-reactive protein
- Fasting insulin & HgbA1C

Find a Practitioner