



# Top 5 Foods for a Strong Immune System

1. **Dark green leafy vegetables** - Loaded with antioxidants such as beta carotene, Vitamin C, Vitamin E, Vitamin K, potassium, lutein, and fiber. Include broccoli, spinach, kale, chard, bok choy, collards, mustards, turnip greens, dark green lettuces.
2. **Blueberries** - Best source of potent antioxidants called anthocyanins which boost brain health and immune function, destroy cancer cells, decrease BP and prevents plaque deposits in arteries. Look for similar low sugar berries like strawberries, acai, blackberries, raspberries, goji berries, and bilberry.
3. **Citrus fruit** - wonderful source of Vitamin C, a very strong immune booster which has been shown to kill Covid-19. Citrus fruit includes grapefruit (avoid with certain BP meds and statins), oranges, tangerines, tangelos, and mandarin oranges.
4. **Garlic** - Very strong anti-viral and antibiotic food due to its allicin content. Also helps to lower BP, cholesterol and prevents arteriosclerosis. Add fresh garlic to soups, stews, meats, vegetables, and cooked grains. Aged and powdered forms are not good sources of allicin.
5. **Green Tea** - A primary source of catechins which are potent antioxidants, and help to prevent cancer and protect arteries. Drink 3 cups of organic green tea daily to boost immune protection.