



#### Immune Support Protocol\*

1. Always keep your doctor or healthcare provider abreast of any illness or changes in symptoms you may have.
2. Drink plenty of warm fluids, such as caffeine-free herbal teas. Warm fluids can help thin mucus, make it easier to expel, and help prevent it from settling in the chest.
  - a. Mullein is a wonderful choice to support healthy respiratory function.
  - b. [Good quality, high polyphenol Matcha](#) contains important compounds that can help support the immune system during trying times.
    - i. Drink 1 cup 2-3x a day.
  - c. Make lots of fresh ginger tea.
    - i. Grate 1 thumb-sized portion of fresh ginger and steep it covered for 10 minutes.
      1. Drink after meals and in between meals to support healthy circulation and digestion.
      2. The ginger tea can be mixed with the matcha.
  - d. [High polyphenol cacao \(always choose cacao low in heavy metals\)](#) helps to support healthy circulation.
    - i. Make a hot drink with many warming spices, such as cinnamon, ginger, and nutmeg.
    - ii. Drink this twice per day.
3. Eat plenty of high-quality protein, at least one hundred grams per day.
  - a. It's essential to eat more protein than usual when you are not feeling well to help prevent muscle loss.
4. Bone broth and soup with plenty of salt can help to break up mucus and make it easier to expel.

- a. Add some beets to your soup to help with circulation.
5. Spicy foods can help support circulation and relieve congestion.
  - a. Turmeric is a great choice for this.
6. Fresh-crushed garlic: 1/2-1 clove/day. Mince up the garlic and let it sit for ten minutes, then cook in olive oil and eat it.
7. Eat lots of potassium-rich foods throughout the day.
  - a. Oranges
  - b. Bananas
  - c. Melons
  - d. Yogurt
  - e. Kefir
  - f. Sweet Potatoes
8. Eat lots of berries.
9. Eat plenty of zinc-rich foods such as red meat and oysters.
  - a. Zinc helps with healing and keeps your immune system working at its best.
10. Epsom salt baths can help relieve muscle soreness.
  - a. Use Epsom salt without fragrance or essential oils added.
  - b. Finely ground oatmeal added to the bath can soothe itchy or irritated skin.
11. During winter, when the air is very dry, cold steam humidifiers can help add moisture to the air, which can help make breathing easier.
  - a. Do not use essential oils or vapor solutions in the humidifier; just distilled water and salt. The salt helps it to produce more steam and reduces bacterial growth.
  - b. Clean it at least once per week to avoid bacteria growth.
12. Get up and walk around the house, or take short walks outdoors throughout the day to help ensure good circulation.
13. Spend as much time in the sun as possible, even sitting in an open window.
  - a. Vitamin D is vital for healthy immune function.
14. Stay warm and keep the house a bit warmer than usual.
15. Preservative-free saline nasal spray can help to soothe irritated nasal passages and reduce congestion. Use it several times throughout the day.
16. [Seleno Health GPX](#) - 2 capsules 3x a day, with food and a full glass of water
  - a. It has a strong sulfur smell because of some of the beneficial ingredients.
  - b. If the smell bothers you, place the pills in the freezer to reduce the smell.
  - c. If you take prescription medications, we recommend talking to your doctor or healthcare provider before taking GPX so that they can check for potential drug interactions.
17. When you start to feel better, don't go crazy and try to do everything. Rest and take your time getting back into life. Do not start heavy exercising as you recover. Sometimes, it is a good idea to stick to short walks until you feel better.
18. If you have any questions or need support, email us at [info@rooted-nutrition.com](mailto:info@rooted-nutrition.com), and we will be happy to help you.

\*This information is not medical advice. Always talk to your doctor or healthcare provider before taking any dietary supplements or making any changes to your lifestyle. This information has not been evaluated by the FDA and is not intended to diagnose, treat, cure, or prevent any disease.