

Natural Health Resource

Monthly newsletter of



E-mail info@TurnpaughHWC.com | Office 717-795-9566 | Fax 717-795-9567 | TurnpaughHWC.com
 Turnpaugh Health and Wellness Center | 310 Lambs Gap Road | Mechanicsburg, PA 17050
 Turnpaugh Health and Wellness Center Lancaster | Office 717-879-9899 | 107 West End Drive | Manheim, PA 17545

@TurnpaughHWC

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Turnpaugh Health and Wellness Center

Immune Supplement Boosters



We are exposed to trillions of immune challenges every day. From toxic debris to pathogenic bacteria, viruses and parasites our immune system must be on

alert at all times to prevent infection. If we aren't supporting our immune system, we can be over stressed and susceptible to developing a cold, flu or infection. It is critical that we provide the necessary nutrients the immune system needs in order to properly protect, heal and repair. Along with eating a nutrient dense diet, lowering stress, maintaining a healthy weight, regular exercise & getting optimal sleep, using supplements to support the immune system can also help power us through the bugs and viruses that we encounter throughout the year.

Immune supporting supplements

- **Vitamin C:** It has one of the most important roles in protection against viral infections. Immune cells need vitamin C to produce proteins that activate the immune system. Regular doses have been shown to also shorten the duration of colds and reduce the severity of upper respiratory tract infections.
- **Vitamin D3:** A powerful vitamin for supporting the immune system. A high percentage of the population are deficient, so daily supplementation offers the best pro-

tection. Studies shows people who are deficient are 11 times more likely to get a cold or flu, while supplementing with vitamin D could reduce colds and flu by 42%.

- **Zinc:** Zinc plays a significant role in boosting immunity. Zinc can help reduce the frequency of infections as well as the duration and severity of viruses when taken at the first sign of symptoms.
- **Vitamin A:** For short term use and for those with vitamin A deficiency, adding A can be extremely helpful in supporting the body's ability to fight infections. We recommend getting a vitamin A level for correct dosing.
- **Quercetin:** Has the ability to support a healthy immune system work as a powerful anti-inflammatory supplement. It's been shown to have protective effects on white blood cells in the immune system and on cells in the gastrointestinal tract.
- **Elderberry:** Elderberry has the ability to support the regulation of cytokine levels in the bloodstream. These are the key signaling molecules in the immune system that enable it to respond quickly & efficiently. It can support the body's defense mechanism. We advise taking it at the onset of symptoms, instead of as an ongoing supplement.

See your doctor for correct dosing & if there are contraindications for your health conditions.

October 2020

October Supplements

20% Off

✓ViraX

✓D3 & K2 5,000

Drink Warm Lemon Water

1/2 lemon to 8 oz water to enhance immunity, aid digestion, detoxify, reduce inflammation, stabilizes appetite, and balance your body Ph.

Ginger Curry Sweet Potato Soup



Ingredients

2 tablespoons coconut oil
 1/2 onion, diced
 2 garlic cloves-minced
 2 tablespoons ginger, minced fine
 1-2 teaspoons curry or turmeric
 Salt & pepper
 4 cups peeled sweet potatoes-cubed
 2 cups vegetable or chicken stock
 1 can coconut milk

Instructions

Heat a large pot over medium heat and add coconut oil. Add onion and sauté until it begins to caramelize, about 5 minutes. Stir in the garlic, ginger, curry, salt and pepper. Cook for a few minutes. Stir in the sweet potato cubes. Cook for another 5 minutes. Add vegetable stock & bring to a boil. Reduce to a simmer, cover and cook for 15 to 20 minutes, until the sweet potatoes are soft.

Use an immersion blender or pour the mixture into a regular blender (and cover the lid with a towel!), blending until pureed and smooth. Add in the coconut milk and blend again until smooth.

Pour the mixture back into the pot. Taste and season with more salt and pepper if needed. Add a drizzle of maple syrup, and a 1/2 tsp. of hemp seeds for protein. A sprinkle of nutmeg is wonderful!

Turnpaugh's Top Immune Support Supplements

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| • AR Guard | • Laurcidin | • NAC |
| • Virax | • Andrographis Plus | • Glutathione |
| • ImmunCore | • Astragalus | • Artemisin |
| • Quercetin | • Olivirex | • Turmeric, vitamin D3, vitamin C, Vitamin A and Zinc |
| • Berberine | | |