



# Dr. Popp's Top 5 Immune Boosting Tips

Katas Integrative Health

## Eat the Rainbow



1.

A sure-fire way to keep your body's defense system STRONG!

**Orange/Yellow:** sweet potatoes, squash, pumpkin, apricots  
**Red:** raspberries, cranberries, radishes, strawberries, red pepper  
**Blue & Purple:** blackberries, blueberries, red cabbage, figs  
**Green:** broccoli, leafy greens, kiwi, cucumber, lime  
**White:** garlic, onion, mushroom, cauliflower

## Calm the Storm

When you run yourself into the ground, do not have a consistent sleep schedule or over-caffeinate just to get through the day...chances are your adrenals are being taxed. Stick to one cup of caffeine in the morning and commit to less screen time.

2.



## Get plenty of Sleep



3.

Sleep is a wildly important time for your body to heal and repair. Lymphatic drainage occurs while you're sleeping, cleaning up your body and your brain. Aim for 8 or more hours of sleep, ideally going to bed and waking up around the same time every day.

## Movement

The mechanical component to a well-functioning immune system. When you move, your body pumps blood and lymph fluid throughout your body enhancing detoxification pathways and supplying your brain with oxygen. Aim for 30 minutes of movement per day.

4.



## Cut the Sugar



5.

Create an environment where viruses and pathogens cannot survive. Eating any kind of sugar has the potential to reduce your body's natural defenses. Stick to 2-3 servings of fruit per day and nibble on dark chocolate (70% cacao or greater) when your sweet tooth acts up.

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