

Maximize Your Health & Immunity Through Nutrition

Cutting-edge nutrition to reclaim your health, vitality, and life.

Q: Are there steps I can take to maximize my immunity?

A: There are several important steps you can take to strengthen your immune system. First of all, No Smoking! Getting adequate sleep is essential, which means a minimum of five consecutive hours with no interruption. Remove your cell phone and electronic gadgets from the bedroom for a restorative sleep. You should undertake a variety of exercises to maximize immunity and health. These include brisk walking or running, Zumba, functional exercises, strength training, etc. Improve your diet by eliminating refined sugar and oils, such as canola and safflower oil, that weaken immunity. Remove dairy products to reduce phlegm and mucous in the lungs, brain, sinuses, and GI tract. Avoid gluten, which can cause systemic inflammation, i.e., in the gut and the brain. Leftover food should be consumed within 48 hours (24 hours for animal protein) to avoid the microscopic mold that is produced and is undetectable to the naked eye. Use relaxation techniques such as meditation and deep breathing to help minimize stress, which burdens the immune system.

Q: Are there other ways to boost your immune system?

A: Eating organic foods puts less stress on the immune and digestive systems. 70% of our immune system is in the gut. Minimize alcohol, which stresses the liver, one of the body's primary detox organs. Too much coffee shrinks the adrenal glands that support our stress response. Avoid spraying your lawn with pesticides or herbicides that are toxic when inhaled or absorbed into the pores of your skin. Therapeutic mud/clay packing is a highly effective way to detox toxins from the body. Clay packing also restores the electrical circuits of the body.

Q: Are there any supplements that can be helpful in guarding against COVID-19?

A: Yes, there are several powerful supplements. I work

with clients individually to recommend specific supplements for each person's unique needs. Nutritional supplements are vital for everyone. Specifically, Vitamin D3 is one of the most critical supplements to strengthen the immune system, especially the lungs.

Q: Which foods are most helpful in building up your immune system?

A: There are many foods that can be included in your diet to help protect you against viruses, particularly COVID-19. For example, berries and berry powders provide antioxidants. The Omega 3s in wild-caught fresh fish helps reduce inflammation and the beta-carotene in yams nourishes the lungs.

Q: How does dental health fit into your overall health?

A: There is no substitute for going to the dentist regularly and keeping your teeth and gums healthy. Dental conditions, such as infections, decay, or any metal fillings should be addressed immediately to prevent a serious drain on your immune system. No supplements can replace good dental care. Choose a dentist who utilizes lasers in procedures for the thorough removal of all oral bacteria.

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