

NUTRITIONAL SUPPORT FOR VIRAL IMMUNITY

COVID-19 has taken us all by surprise and forced our hand in altering how we manage our daily lives. There are two strategies that are equally as important in supporting the decline of this virus, one is well addressed and the other is equally as important.

- 1. Community Protection Initiatives – implemented by the Australian Government aimed at limiting the number of infections at any one time.**
- 2. Supporting our personal immune systems– to protect ourselves and those around us through reducing our risk of infection, severity and duration of the illness should be contract it.**

What is the Immune System?

It is the most complex organ system we possess, comprising of three levels of defence protection;

- First line - Physical surface barriers, mainly skin, to protect against viral entry into the body (that's why it enters via the mouth/nose/eyes).
- Second line – Natural Killer cells, T-Cells, Neutrophils and Cytokines which attack virus cells that have made it through the first line.
- Third Line – B-Cells make antibodies in response to a specific virus, which allows identification of those virus cells needing to be destroyed.

What diminishes our Immune System?

- Nutrient deficiency – even mild single nutrient deficiency can threaten immune response. A lack of zinc, vitamin C, selenium, iron, copper, essential fatty acids and vitamins A, C, D, E, B6 and folic acid.
- Highly processed and inflammatory diet
- Lack of dietary fibres
- Food allergies/sensitivities
- Poor water consumption
- Excessive strenuous exercise
- No exercise
- Nervous system stress – short and long term
- Age (declining nutrient absorption)
- Poor sleep quality
- Disease/Illness
- Medication
- Environmental toxic exposure
- Alcohol and/or cigarette consumption