

As part of our "Maintaining A Strong Immune System" series

Tip 8: GUT HEALTH AND IMMUNITY

As a valued member of Rolling Strong, your safety and well-being are important to us. With continued news around coronavirus (COVID-19), Rolling Strong will be sending tips on maintaining a strong immune system so you can be armed with the best chance of staying healthy!

Did you know that 70 - 80% of your immune system is located in your digestive tract? The digestive tract is made up of trillions of bacterial cells. There are more bacteria in your gut than there are cells in your body. **The balance of "good" bacteria and "bad" bacteria makes a difference in your body's innate immune response and ability to defend itself.**

From the moment of birth, our immune system and gut bacteria are in constant communication with each other to keep us healthy. One of the jobs of the "good" gut bacteria is to produce massive amounts of antibodies. These antibodies can help defend against viruses, pathogens and disease.



Choose foods that provide for the "good" bacteria in the digestive tract to help support the body's immune system.

PREBIOTIC FOODS



Prebiotic foods FEED and nourish the GOOD bacteria in your gut to support healthy digestion and immune function.

- Beans
- Peas
- Jerusalem Artichoke
- Oats
- Barley
- Bananas
- Berries
- Apples
- Asparagus
- Dandelion greens
- Garlic
- Leek
- Onions
- Flax seeds

PROBIOTIC FOODS



Probiotic foods contain live "good" bacteria that EAT the prebiotic foods listed above to support a healthy immune system and anti-inflammatory response in the body.

- Yogurt (no sugar)
- Kefir

Fermented foods:

- Sauerkraut
- Kimchi
- Kombucha tea
- Raw Pickled vegetables

ENZYMES



The digestive system uses enzymes to break down food in order to absorb the nutrients via the blood stream. **If you have insufficient enzymes, the digestive system 'steals' them from the immune system and thereby weaken it.**

Help the digestive system along by eating the foods rich in digestive enzymes. Most all RAW vegetables and fruits are rich in enzymes.

- Pineapple
- Papaya
- Sprouted grains, sprouted seeds and legumes
- Raw Honey and Bee Pollen

Fermented foods are rich in both probiotics and enzymes

- Sauerkraut
- Kimchi
- Kombucha tea
- Raw Pickled vegetables

Contact a Rolling Strong Wellness Coach, coachme@rollingstrong.com, to help you stay on track with nutrition, exercise, sleep, stress and hydration to keep your immune system running smoothly.