

Immunity Boosting Supplements, 12/2021

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INTRODUCTION

Context

Hi community members! Covid, flu + cold season seems to be getting a hold of lots of folks out there, so if it can be supportive to anyone, thought I'd share some nutritional supplements that could potentially help.

Disclaimer: I am not a doctor, although all of these have come recommended as generally safe from accredited doctors, herbalists, pharmacists, nutritionists. I am simply summarizing overall suggestions, but please always consult your own personal health experts to verify if any supplements or herbs would be supportive for your individual body. Research any contraindications and appropriate dosages for you wherever appropriate.

This non-exhaustive list is not medical advice, simply a summarized resource that may be supportive for some folks out there. There is plenty more information that could be added, but these are the supplements + herbs I felt were most universally suggested by credible experts & that may also be relatively accessible.

Recommended stores to purchase: Sprouts, Natural Grocers, Whole Foods tend to verify the quality of their supplements. Since the FDA doesn't regulate the quality of supplements, more affordable brands at stores like CVS or Safeway usually have more artificial fillers.

SUPPLEMENTS FOR COVID/COLD/FLU ::

Immunity Support Herbs: If sourced as loose herb, steep well in teas, broths or soups

- Skullcap
- Licorice (herb not candy)
- Astragalus
- Echinacea
- Elderberry (syrup is best (& yummy!)), although it is best used at the on-set of an illness, rather than actively during fighting an illness. Message Claire if you want the studies explaining this)
- Rhodiola
- Oregano Oil (capsules are best, although if tincture, add to orange juice)

- Milk Thistle (tincture is best)
- Osha Root (this plant is endangered so source sustainably)
- Goldenseal
- Nettles
- Ajwain (ayurvedic)

Immunity Supplements:

- C, D3, NAC, Zinc, Magnesium, L-Theanine, Quercetin, L-Lysine
- Source Naturals brand Wellness Formula is a great blend (take with a flavorful drink like orange juice because the flavor is intense).

Respiratory Supplements & Herbs:

- Melatonin (for opening throat airways, not necessarily sleep)
- Marshmallow root
- Mullein
- Elecampane
- Peppermint
- Usnea (best as tincture)
- Eucalyptus (boil essential oil or plant material in water, inhale steam)

Immunity Mushrooms: Best in capsules, powders or dried (tincture versions may not include all the nutrients); Most bioavailable when heated, so infuse in warm milky drinks, soups, broths etc.

- Reishi, Cordyceps, Shiitake, Turkey Tail, Chaga (endangered)
- Host Defense is a top brand and their Stamets 7 Blend is a great combo

Fire Cider: Either store bought or homemade (homemade is best when it has 4+ weeks to infuse, and is much more cost-efficient)

- Apple Cider Vinegar infused with Garlic, Lemon/Citrus (peels included), Ginger, Rosemary, Turmeric, Black Pepper (makes turmeric bioavailable). Honey optional.
- Shake infusion daily / whenever you remember for at least 4 weeks.
- After infusion, strain & drink in small shots. Take daily when feeling unwell, or weekly for general health upkeep.
- Natural preservatives in ACV give it a long shelf life. Does not need to be refrigerated.

Bone Broth: [Video recipe here](#)

- Base: Broth in liquid or powder form, ethically and sustainably sourced over stove / crockpot
- Add chopped ginger, garlic, lemon juice
- Add Cayenne, Turmeric, Black Pepper, Salt, Rosemary, Thyme, Oregano, Chili Powder
- Add any of the herbs or mushrooms as previously listed