

A message from our healthcare provider

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How Can I Boost My Immune System?

There is no one “magic” way to make your immune system resist everything out there, but there are several ways you can help your immune system to be as strong as it can be. Everything here has at least some evidence to support its use.

1. Get enough sleep. Don’t underestimate the value of sleep. Your immune system functions best when you go to bed at the same time every night, wake up at the same time every morning, and get enough sleep every day. That’s around 8 hours for most people. (Note: Irregular or inadequate sleep is especially a problem for rotating shift workers, who need to take extra care to guard their sleep.)

2. Exercise. Next to sleep, consistent exercise is one of the best ways to improve your immune system. Aim for 20-30 minutes of moderate-intensity exercise, 4-5 days a week. It does not need to be very high intensity or very long exercise, but it does need to be consistent. (Note: A bout of prolonged, high-intensity exercise, such as a long run during marathon training, may temporarily depress the immune system for a few days.)

3. Stop smoking. Smoking impairs the body’s immune system and increases risk for a variety of infections. Smoking also harms the cells lining the respiratory tract and keeps them from clearing out mucous and other debris. Early evidence suggests that smoking about doubles the risk of severe COVID-19 disease.

4. Take a probiotic. This can be a probiotic capsule bought at the pharmacy, or alternatively, could be a daily serving of yogurt with live cultures, not frozen yogurt. Other sources of natural probiotics include fermented foods, such as kombucha (a fermented tea), kefir (a kind of yogurt), kimchi, sauerkraut, miso, and tempeh.

5. Take a zinc supplement. Take zinc gluconate 50mg daily. Zinc improves T-cell immune function and may reduce risk for respiratory infections in people with low zinc levels.

6. Take a vitamin D supplement. Take vitamin D 1,000 units daily, unless your doctor has prescribed you a larger dose.

7. Take a turmeric (curcumin) supplement. Find one formulated with black pepper to enhance absorption. Curcumin improves antibody responses to infection. It is also a powerful antioxidant and is being studied for possible benefits to treat or prevent a variety of diseases, including cancer.

And last but not least: Worrying too much will probably depress your immune system. Jesus admonished, “Can any one of you by worrying add a single hour to your life?” (Matthew 6:27). Ultimately, our only cure for worry is resting in the knowledge that we are not our own, but that we belong, body and soul, both in life and death, to God and to our Savior Jesus Christ. “Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus” (Philippians 4:6-7 CSB).

He doesn’t promise to keep you from all trouble in this life, but He says, “...In this world you will have trouble. But take heart! I have overcome the world” (John 16:33b NIV).



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