

IN HEALTH NATUROPATHIC MEDICINE

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**Maximizing Your Immune System**

Good nutrition is the single most important factor in developing a healthy immune system.

Things that can help strengthen your immune system:

Vitamins C, D, A and beta carotene, B-complex

Zinc

Iron (if deficient only)

L-carnitine

CoQ10

Amino Acids

Methionine and glutathione

Quercitin

Botanical medicines:

Glycyrrhiza (licorice)

Eleutherococcus (Siberian ginseng)

Panax ginseng

Phytolacca (poke root)

Berberis (Oregon grape)

Hypericum

Capsicum (Cayenne pepper)

Lomatium

Ligusticum

Articum lappa (burdock)

Tetree

Ruta graveolens

Rumex crispus

Allium (garlic and onion)

Artemesia

Eucalyptus

Echinacea

Gandoderma (mushroom)

Lentinus (shitake mushroom)

Astragalus

Chlorella

Reishi mushroom

Prunus species

Cratageus

Citrus (esp. rinds)

Calendula

Myrrh

Hydrastis (golden seal)

Baptisia

Things that can weaken your immune system:

High sugar intake

Too little protein

Overuse of caffeine

Overuse of junk food/preservatives

Excess dietary fat intake

Lack of sleep

Lack of exercise

Stress

Certain drugs and toxins in the environment

Poor liver function

Food sensitivities

Overuse of alcohol