



Optimized Immune System Checklist

Here's the news you may not want to hear, kids are going to get sick. The post-pandemic years have hit especially hard due to the lack of exposure of their bodies to bacteria and viruses during that time.

But, there are things you can do to help, and avoid having another year of constantly sick kids.

For Reference: These are the “normal” amounts of sicknesses your child should have per year

	Colds/Viruses/Per Year
Babies/Toddlers/Preschoolers (0-4)	7-8
School Aged (5-12)	5-6
Teenagers + Adults (13+)	4

Prevention

I really believe an ounce of prevention is worth a pound of cure. Obviously, we can't, and don't want to (having some sickness and recovery is good for the immune system) prevent all illness, but here are my top tips to keep your kids from getting sick “all the time”.

1) Eat a Variety of Fruits and Vegetables

The more, and different colors, the better! Variety of plant based foods encourages microbiome variety in the gut, which helps to support immune function. Different phytochemicals in plants support the immune system in a variety of ways. Bonus: Many fruits and vegetables are high in vitamin C.

2) Cook with Garlic and Onions

Garlic and onions both have a strong anti-bacterial and anti-viral properties. Adding garlic and onions to food can also help increase microbial diversity in the gut which helps with immune function.

3) Limit Dairy

Dairy increases mucous production and congestion. This is especially important for kids with recurrent ear infections

4) Reduce Sugar

Having 5 tsp or 25g of sugar has been shown to reduce immune response by 1/2. This effect starts 30 min after consumption and lasts up to 5 hours. This sounds like a lot but it's not really. A pop/soda has 42g, Fruit Loops have 14g, juices have 20-25g/cup. Don't be afraid of the sugar in fruit, but just be mindful of levels.

Daily Support

These are the supplements I recommend taking daily during cold and flu season, back to school/starting daycare and any time there is a lot of viruses going around

1) Vitamin D

This is especially important for the northern dwellers, all of Canada, and anyone north of 37th parallel.

400 IU/day for children and 1000 IU/day for adults



2) Probiotics

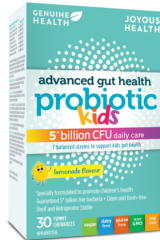
Probiotic's benefit on the immune system has been a big area of research in the last 10 years. It has been shown that probiotics are associated with a lower rate and shorter duration of respiratory tract infections in children and adults.

The dosage is on the packaging

Baby

Child

Adult



3) Elderberry or Deep Immune

Both of these products are for kids aged 2 and up and can be taken daily during back to school/starting daycare or cold and flu season. Deep Immune does contain whey. If your child has a dairy allergy or sensitivity, do not choose Deep Immune. Both elderberry and the Deep Immune help to maintain immune defenses against colds and viruses.

Dosing is on the packages





When Sickness Hits

It is important to have your supplements on hand, because one of the most important things with herbs and nutrients is to start them at the first sign of sickness. Continue taking until you have been better for 2 days for best effect.

1) Echinacea and/or Elderberry

Take at the first sign of illness, for kids 2+

Dosing on the bottle



2) Children's Stodal Multi

Homeopathic combination safe for kids 1+

Dosing on the bottle





4) Coryzalia

Homeopathic combination for cold, congestion, sneezing and watery eyes. Safe for kids 1+

Dosing on the package



If you or your child are still struggling with frequent illness, or more specific problems, like recurrent ear infections, throat infections or breathing issues, or want more support with their immune system we have our [Kids Sickness Workshop](#) which covers in depth colds/flu, throat infections, ear infections, gastro and respiratory infections.

[If you live in Ontario, you can see Dr Alexis 1:1 for a naturopathic appointment.](#) To get ready for cold and flu/back to school season, you can book an Acute Visit for a personalized immune support protocol.

