

## Dr. Oubre's Top 10 Immune Boosting Tips

1. Get a Vitamin infusion!
2. Digital detox
3. Get some sunlight!
4. Paleo diet
5. Increase fiber intake
6. Eat more fat
7. Remain calm, limit stress
8. Get DEEP Sleep
9. Drink Clean Water
10. Decrease alcohol intake



### 1. **Get a Vitamin Infusion!**

Vitamin infusions have been extremely useful in my practice at helping patients fight acute infections quicker in order to feel better faster.

High Dose Vitamin C has been proven useful at reducing chronic viral infections like EBV (Epstein-Barr Virus). Vitamin C infusions have also been proven to improve outcomes of extremely sick patients that are suffering from sepsis (bacterial infections in the bloodstream). There are preliminary studies in China suggesting that Vitamin C infusions may be helpful for COVID19 infections, but this has not been researched enough to make this formal data.

Using other nutrients and detox support that are in our Myers Cocktails and Glutathione infusions also help support the immune system. It is well known that nutrient deficiencies, like B12 deficiency, can cause serious immune dysfunction, including low white blood cell counts. The IV methylation support in a Myers Cocktail is superior to any supplement or food that you would take by mouth due to its 100% bioavailability in IV form.



## 2. Get sunlight!

Did you know Superman is recharged by sunlight?

Call me a hippie, but I'm a big believer that the sun gives us superpowers that we don't even know about yet. It's not all about Vitamin D. For too long, Vitamin D has stolen the spotlight from the sun.

Did you know that sunlight increases your nitric oxide production? Yeah, you probably don't even know what that does, but trust me, it's your blood vessels' super power!

Get outside. Get some sunlight. Breathe some fresh air. Hug a tree. Move your body. I promise that you'll immediately feel better.

Nature is powerful. Use it to your advantage!



### 3. Digital detox

You are currently being inundated with a media feeding frenzy. From the TV news stations to social media. You are being overwhelmed with information. The majority of the media survives on fear of the people. They are going to make you scared. This is the event of the year for them, and they are going to milk it for all that it's worth.

Turn it off. Can you change the people in Italy? Can you help anyone else that is sick? Then, why watch it and worry yourself?

Your immune system is immediately affected by every stressor and worry that crosses your mind. Meditate. Breathe. Pray. Taking care of you and your family unit is your most important concern. Focus on the things that you can control and forget about what you cannot control.

Turn off your TV.

Turn off the radio.

Stop looking at your phone.



#### 4. **Avoid Inflammatory Foods**

It's a well-known fact by this time that inflammation affects everything about your health. Inflammation causes pain, fatigue, brain fog, cancer, heart attacks, strokes... need I go on?

Reducing inflammatory foods is the most powerful thing you can do for your overall health.

There are many inflammatory foods, but I want you to focus on removing the 2 most common and powerful inflammatory foods:

**Gluten** which comes from any wheat, barley, or rye products. Think bread.

**Dairy** which includes anything from a cow's utter: milk, cheese, cream, butter, etc.

If you're an American, gluten and dairy are in 90% of the foods that you eat, and you don't even know it. The first step is to begin identifying where these foods are in your diet and work on substituting it for healthier versions. I do NOT want you to substitute spaghetti noodles for gluten free noodles. I want you to substitute spaghetti noodles for spaghetti squash. Think healthier alternative. Not gluten-free junk food alternative





5. **Increase fiber in your diet.**

Eating more fiber has numerous benefits to your health. Quite frankly, I don't care how much fiber you eat, you're probably not eating enough.

I want you to eat 9 cups of non-starchy vegetables per day. That's right. **NINE CUPS!** You can add fiber supplements to increase your fiber further.

Why should I eat more fiber?

Fiber slows down absorption of carbohydrates / sugar.

Fiber feeds beneficial bacteria in your gut. These good bacteria kill yeast.

Fiber scrubs / cleans your intestinal tract.

Fiber helps you have daily bowel movements.

Fiber improves brain function and reduces risk of dementia.

Fiber turns into butyrate – a magical cancer-reducing byproduct.

[Learn more about gut restoration.](#)



6. **Eat more fat.**

Most people focus on what to **remove** from the diet instead of what to **add**. Whenever we focus on what we need to remove, we feel like we're missing out. We all have finite amounts of willpower, and if we spend it all on "giving up" foods, then we all eventually run out of willpower and go back to our old habits. Hence, the "yo-yo dieting" that Americans are familiar with. Gain weight → Lose weight → Gain Weight → Lose weight → Repeat to eternity

I want you to focus on eating more fats. Do you know why?

Fat turns off hunger by activating your satiety center.

Fat speeds up metabolism. Carbohydrates slow down metabolism.

Fat decreases insulin production, which improves insulin resistance.

Fat helps regenerate cells and allow for cell turnover / repair.

The brain primarily runs on fat!

By eating more fat, you will naturally decrease your carbohydrate intake, which reduces blood sugar.

High blood sugar suppresses immune function so reducing blood sugar **boosts immunity!**



7. **Remain Calm, Limit stress.**

Your adrenal glands sit on top of your kidney, and they can wreck your entire system. Any stressors squeeze them and cause them to release adrenaline and cortisol. These hormones activate your fight or flight system, which in turn causes the liver to produce more sugar! As a diabetic, you're trying to reduce your blood sugar yet your liver is producing extra in addition to what you're eating!

My favorite supplements for adrenal balance are:

TruAdapt Plus – 2 capsules in the AM

AdreneVive – 1-2 capsules in the PM

[You can buy these Online](#) from our high quality supplement store.

These supplements will NOT work if you continue to stress and do not focus on balancing your life. Learn more about balancing your stressors. Pick up a book. See a therapist. Actively manage your stressors or they will manage you!



#### 8. **Get DEEP Sleep**

This is such an obvious suggestion, but are you really paying attention to your sleep?

Are you tracking your sleep?

Did you get at least 1 hour of deep sleep?

Did you eat within 3 hours of sleeping?

Did you wake up feeling rested?

Were you restless? Did you toss and turn?

Both duration and quality of sleep are critical to immune function as well as ... well, everything else!

Duration: I want you to focus on getting around 8 hours of sleep.

Quality: I want you to aim for 1-2 hours of deep sleep.

Tips to improve deep sleep:

- Use blue blockers 2 hours before bedtime can help improve your amount of deep sleep.
- Avoid food 3 hours before bedtime as food requires energy to digest.
- Avoid alcohol.
- Do not exercise within 2 hours of bedtime.
- Turn off your electronics!





## 9. Drink Clean Water

As you already know, water is critical for your functioning. I am guilty of not drinking enough, but we should all be striving to drink enough water to keep our urine lightly yellow to clear. If it looks like lemonade or orange juice, you are drastically lacking hydration.

Always focus on drinking clean, pure water. Avoid plastic bottles when possible.

Filter your own water as much as possible.

Do not trust anyone else's water, including the city.  
Do not trust your fridge filter.

Use a reverse osmosis water filter or your favorite charcoal filtered water.



10. **Decrease alcohol intake**

Alcohol is a well-known immune suppressant. It is one of the most powerful neurotoxins in the world. It is destructive toxin to the liver. Need I say more?

If you want to boost your immune system, you should avoid as much alcohol as possible in order to allow your body the ability to focus on healing and restoring instead of repairing the incoming toxins that you're pouring into your stomach.

Now is a great time to cut back on your intake in order to boost your immunity and fight COVID19 as quickly as possible.

Do not use alcohol to decrease your stress or reduce your anxiety.  
Do not use alcohol to get to sleep.