

# Video Transcript - Dr Kahn's 5 Immunity Boosting Tips

Hey everybody, Joel Kahn, MD, cardiologist in suburban Detroit, sometimes known at reader's digest magazine as America's Healthy Heart Doc reaching out to you in tough times, both here in Detroit where we're seeing an explosion of coronavirus cases in the hospital, outpatients. I have so many friends that are sick and they've been healthcare workers, nurses, nutritionists, cardiologists, and they're trying hard to stay at home and treat themselves with nutrition, hydration, supplementation, rest.

These people are swab positive and they're struggling to stay out of the hospital. Other people aren't so fortunate. They're being admitted. It's the real deal. Five best practices to take even better care of yourself than you hopefully are taking care of yourself normally, and they're going to sound familiar, but they're more important than ever.

Number one, I always put sleep at the top of the list. When you sleep poorly, you make bad food choices, bad fitness choices, your mood is depressed, whatever it takes. There is some interesting data suggesting a small amount of melatonin at night may have some immune impact. That's something that's been known for a long time. Whether it's half a milligram, a milligram or more of melatonin might be part of your program, whatever it takes. Magnesium, lavender oil, essential diffuser, a warm bath before bed, an Epsom salt bath. I'm a big fan of full spectrum hemp oil. Whatever it takes. Meditation, turning off the electronics. Get seven to eight hours of sleep if you need.

Number two, nutrition. We know whole food, bright, colorful plant diets are the way to go. We know that they most support your immune system. There are a few pockets of potential micronutrient deficiency in a completely plant diet like I've eaten for more than 40 years. Talk about that in a minute, but don't rely on fast food carry out now. In fact, I'd suggest you don't rely on any carry out now. Cook at home. Simple things, potatoes, beans, rice, greens, eat fruit, whole fruit. Eat a lot of the cruciferous vegetables, broccoli, Brussels sprouts, kale and such. Sometimes you need to buy organic. Unfortunately, like kale, which just made the list again as one of the dirty dozen fruits and vegetables. If you're not familiar with that, go check out [ewg.org](http://ewg.org).

Number three is fitness. Some you have more time than usual, some don't, but you need to go for a walk in fresh air away from other people if you can. A treadmill, an elliptical, Pilates. There's so many free classes online. Try yoga, try Tai Chi, do some weights. Fitness every day is important. I've actually increased my workout time since this whole lockdown has occurred.

Next on the list would be mind body stress management. We all need stress management techniques. I'm a big fan of a 12 minute yoga flow called the Five Tibetans and a 12 minute yoga meditation called the Kirtan Kriya. You can look these up online, the Five Tibetans, T-I-B-E-T-A-N-S yoga flow and the Kirtan, K-I-R-T-A-N, Kriya, K-R-I-Y-A chanting meditation proven with science at the University of California, Los Angeles to improve cognitive function, decrease stress, and maybe actually slow aging. Those are actually published data. I'm a big fan of that.

Number five and last of your best practices is intelligent consideration of supplementation. If you're eating a largely or completely plant diet, you are benefiting tremendously with micronutrients, phytonutrients, fiber and all the wonderful vitamins that you'll find. Vitamin D in button cap mushrooms for example, and some of the immune supporting benefits of some of the more exotic mushrooms like Chaga and Reishi and Maitake and such, but you could be exposed to a bit of a problem with zinc, with magnesium, with vitamin D, with B12. These are proven scientific studies.

You can of course have lab work like I do in my clinic here, The Kahn Center for Cardiac Longevity. But right now it's not a real friendly time to go have lab work, which is why I supplement and that's why I so much like supplementing with Complement Plus. The fact that it has iodine right now, a little selenium right now, vitamin D right now, B12 right now. These are being talked about all over the place as potentially supportive health supplements.

I mentioned melatonin. There's a little interest right now in something called Quercetin or Quercetin, Q-U-E-R-C-E-T-I-N which you can look up. It's found in garlic and onions and apples, which you should eat a lot every day, but it's also available as a supplement. And the fact that there's zinc, I don't want to overlook. Zinc is a hot player right now. There are some doctors, protocols, university protocols, that I'm working with involving zinc as an immune support. I think it's a very important thing to be sure you have some zinc in your diet naturally and there's many plant based sources and seeds and nuts and legumes, but a little extra supplement like Complement Plus provides is a great backup.

Those are my top five practices that I would have told you in usual times. They're just more important now. And my patients here at The Kahn Center are being reminded of that. We're doing virtual visits of course. I have done some home visits. We're communicating by email and the new world of Zoom and Hangouts and Skype and such. Do take care of yourself. I am strongly convinced this is a serious and real time of serious and real health threats. My friends, my buddies are suffering. I have lost a few acquaintances here in Detroit, not close friends fortunately.

My family is sequestered. I come to my office and home and have gone to the hospital as needed, grocery store in and out with the masks and the gloves and all the precautions of social distancing. Thank you for listening, Joel Khan, MD, America's Healthy Heart Doc, and thank you for taking good care of yourself and your family and taking this seriously. Keep a positive mental attitude. Smiling is free. Smiling boosts your immune response too. There is data. Have a great day.