

5 WAYS TO SUPPORT YOUR IMMUNE SYSTEM THIS WINTER

Simple everyday tips to help support year-round health

Your immune system is a complex network that requires daily maintenance and care for year-round health. Activate your body's natural defenses by following five easy lifestyle shifts, from eating well to moving your body to taking supplements.

Get a good night's rest to allow your body a full recharge before the next day's activities. When your body works overtime, your immune system gets tired. Limit screen time, draw the blackout curtains, and follow a regular schedule to ensure sufficient sleep, as close to eight hours as possible.

Move your body on a daily basis to maintain cardiovascular health, blood pressure, and overall strength. In addition to building your muscles and endurance, routine exercise releases stress hormones that can otherwise accumulate and negatively impact your health. Make time every day for a walk, run, ride, yoga, or other type of movement.

Pet a dog to increase your dopamine levels and the antibody found in saliva called immunoglobulin A, which studies show are both important to daily immune support. Any type of positive connection, especially with a loving pet, provides the psychological benefit of relieving stress. Spend some extra time snuggling to stimulate immunity.

Eat your fruits and veggies, which are packed with antioxidants, fiber, vitamins, and minerals. Studies show that eating a diet high in vitamin C, vitamin E, zinc, and beta-carotene can nurture immune function. Plus, antioxidants relieve oxidative stress, an imbalance in the body. Make a smoothie, salad, bowl, or all of the above with your plant-based favorites.

Take your supplements with postbiotics, like **Airborne Advanced with Betabio** (EpiCor® postbiotic), and **Vitamin C**, which acts like a multivitamin for your immune system. The 2-in-1 supplement supports healthy immune cells, is powered by antioxidant-rich vitamin C which helps support against free radicals and oxidative stressors. As a tasty, citrus-flavored chewable tablet, Airborne Advanced can be taken whenever you need extra immune support.

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