

Your Winter Immune Defense Cheat Sheet

“December is when sickness jumps – colds, flu, RSV, all of it.”

Crowded spaces, holiday travel, and cold weather put your immune system into overtime. This guide shows you how to stay protected.



More Time Indoors

Increased proximity to others allows germs to spread more easily.



Dry Winter Air

Can dry out nasal passages, making it easier for viruses to enter the body.



Travel & Crowds

Airports and holiday gatherings are high exposure targets more easily.



Heavy Foods & Low Vitamin D

Poor nutrition and reduced sun exposure can compromise immune function.



Stress & Lack of Sleep

Both can weaken the immune system's ability to fight off infections.

Daily Immune “Non-Negotiables”



Get Consistent Sleep

Aim for a regular sleep schedule to allow your body to rest and repair.



Stay Hydrated

Drinking plenty of water is crucial for overall health and immune function.



Supplement Smartly

Consider Vitamin D3 (5000 IU), Omega-3s, and Probiotics for extra support.



Incorporate Light Daily Movement

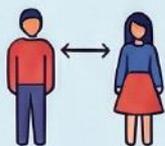
Gentle exercise like walking helps boost circulation and immune cell activity.

Simple Steps to Avoid Germs



Wash Hands Often

Use soap and water or an alcohol-based sanitizer.



Avoid Close Contact

Keep your distance from anyone who is actively sick.



Be Prepared in Crowds

Keep a mask available for use in crowded indoor spaces.



Don't Share

Avoid sharing personal items like drinks or utensils.



Wipe Down Surfaces

Regularly clean frequently touched items like doorknobs and phones.

When You Feel Something Coming On...



Increase Fluids

Drink more water, warm soups, and herbal teas.



Prioritize Rest

Give your body the downtime it needs to fight the infection.



Eat Lightly

Avoid heavy meals that can be difficult to digest.



Monitor Your Symptoms

Pay attention to how you feel and know when it's time to call a doctor.