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# Elissa's Immunity Essentials



# My Go-To Supplements to Build Your Immunity

There has never been a more critical time than now to take special care of your body's immune system—and it isn't just to ward off COVID! In the last 18 months, nearly all of us have spent more time at home than we ever thought possible. On the plus side, those pesky head colds are becoming a distant memory. The downside? We haven't been exposing ourselves to as many microbes as our immune systems are used to. This might sound like a good thing, but keep reading to find out why exposure to diverse bacteria is key in building a robust immune system.

Your body is made up of more bacterial cells than human cells. Yes, you read that right! Most of these bacterial cells are housed in the gut, and a huge proportion of the immune system takes up shop here, too. In fact, your gut microbiota is responsible for regulating immune homeostasis. This is a complex yet delicate balance of ensuring various immune responses are initiated when needed—like to protect you from flu microbes around the holidays. A good balance also ensures no overreaction, which leads to autoimmune issues—like my previous struggle with Hashimoto's.

**So, how can you ensure your gut and immune health are optimized now that you're home so much more?**

We all know it—the times have truly changed in the past 18 months. Whether you travel less, work from home, or otherwise, being home more doesn't mean we can't find other ways to boost our immunity and gut health. We all know it—the times have truly changed in the past 18 months. Whether you travel less, work from home, or otherwise, being home more doesn't mean we can't find other ways to boost our [immunity](#) and gut [health](#). Along with quality [sleep](#), managing your stress and a nourishing and diverse diet, supplements are also crucial for strong immunity. Today I want to do something special and share with you my list of immune-boosting supplements that I personally share with my clients—recommended unique instructions and links included!

*To Your Health,*  
*Elissa*

# Your Immunity Starts Here

1. **Zinc:** An antiviral and immune builder, zinc protects the thyroid from inflammation and toxins. It activates the production of white blood cells to heal wounds and speed up recovery. Heavy metals, alcohol, excessive exercise, and diarrhea further deplete your body's zinc stores. Nearly all of us should be supplementing this essential mineral.

## **Zinc Picks:**

Eidon [Ionic Zinc](#) (liquid): I love liquids and powders because they absorb quickly and efficiently. Eidon Ionic Zinc is free of sugar, starch, artificial flavors, gluten, and it's vegan, too! It is highly bioavailable and clean, making it one of my go-to's.

## *Instructions*

- 1 dropper in 8 ozs of water morning and at night

2. **Vitamin C:** An oldie but a goodie, vitamin C is involved in SO many immune processes. It aids our bodies in collagen production, iron absorption, white blood cell production; it's an antioxidant, and so much more. Like zinc, many regular habits and medications can deplete vitamin C, so supplementation is essential.

## **Vitamin C Pick:**

Quicksilver Liposomal C Liquid: Liposomal is a term to describe a supplement or medication that contains the active form of the substance in very tiny particles. This means much easier absorption for the body, bypassing the gut—which is especially beneficial if you suffer from any gut issues. This vitamin C is delivered straight to your cells, and the taste is fantastic, which is rare for liquids!

## *Instructions:*

- 1 tsp in the morning and at night (1000 mg per tsp—so easy!)
- Note: vitamin C can either increase or decrease the effectiveness of certain medications when taken simultaneously. If you're on any medications, take your vitamin C either one hour before or one hour after taking your meds.

3. **Vitamins D & K2:** Both an essential nutrient and vital hormone, a huge number of us are vitamin D deficient. In fact, a recent study found 80% of hospitalized COVID-19 patients were deficient! Vitamin D can help the body fight infections, reduce inflammation, and reduce cancer cells, among its more common function of contributing to bone health. The reason I group vitamin D and K2 is due to their synergistic relationship. K2 carries many of the same benefits that vitamin D offers, and similarly, many of us are deficient. When taken together, these nutrients offer much more significant benefits to your immune system and bones compared to when either is taken alone.

## **Vitamins D & K2 Picks:**

Thorne [Vitamin D/K2 Liquid](#): I love this highly absorbable vitamin D/K2 liquid combination from Thorne. The flavor is mild, and all it takes for one dose is a couple of drops!

**Ortho Molecular [Vitamin D & K2](#)** (capsule): Although I love a liquid, I like to have capsules on hand for traveling. For me, it's easier to throw my capsules in a pill dispenser while traveling rather than bring along several little bottles of liquid.

*Instructions:*

- Liquid: 10 drops daily directly into your mouth or into a liquid
- Capsule: 1 capsule per day
- Note: If you are on blood thinners, it is important to avoid vitamin K supplementation. In this case, I suggest Thorne's [Vitamin D3 Supplement](#). Also, take this supplement with food/fat because it is a fat-soluble vitamin.

4. **Probiotics:** Just like we talked about, your microbiome is a hugely important piece of the puzzle that is your immune system. Our immune cells communicate with our gut bacteria, making probiotics a vital part of our diet. Although there are foods that contain naturally occurring probiotics, I like to take probiotics in a supplement form for added diversity.

**Probiotic Picks:**

Genuine Health [50 Billion Advanced Gut Health](#): I love this probiotic for so many reasons. Its 50 Billion CFUs assure a wide range of strain diversity. It lists all included bacteria strains, which is unique considering many brands claim a proprietary formation, exempting them from sharing their full ingredient list. I feel a noticeable difference in my digestion when taking this!

[Seed Daily Synbiotic](#): Seed has so much research behind its products. This daily symbiotic is soil-based (score!) and contains both pre and probiotics, making it a fantastic supplement for gut health. This is the other probiotic that makes me feel a positive, noticeable difference.

*Instructions:*

- Genuine Health: Take 1 -2 capsules on an empty stomach
- Seed: Take 2 capsules on an empty stomach
- Elissa's Hack: Take 2 seed and 1 genuine health because they have different bacteria strains. The Genuine Health Probiotic, for example, contains *L. d. bulgaricus*, a strain that research shows to play a role in managing IBD, liver disease, eczema, and tooth decay. Seed, on the other hand, contains *L. crispatus*, which shows promise for UTI prevention and vaginal health. The more diversity, the better!

5. **Medicinal Mushrooms:** Not to be confused with mind-altering mushrooms, medicinal mushrooms are growing exponentially in popularity, and for good reason! Mushrooms have been used since ancient times for various health reasons, and the US has begun to catch on to the science recently. They contain numerous anti-inflammatory properties and help augment the immune system, aid in managing stress, contain enzymes that support digestion; I could go on.

**Medicinal Mushroom Picks:**

[Host Defense My Community](#) (capsules): This is a blend of 17 mushrooms that support immunity and overall wellness. Dr. Andrew Weil gave this to me ten years ago, and I've been using it ever since! Energetically it sits with me amazingly well. It has been around for such a long time—it was popular even before mushrooms became trendy!

*Instructions:*

- Host Defense: 2 capsules any time of day
- Note: Certain medications may interact with medicinal mushrooms, namely blood thinners. Check with your doctor if you are on medications and plan to try medicinal mushrooms.

6. **Greens Powder:** A huge part of immune health is ensuring your nutrient stores are adequately restored each day. That's why I love recommending covering your bases with a high-quality greens powder with all the necessary vitamins and minerals included. A greens powder isn't an all-in-one in terms of immunity, which is why I recommend taking it in addition to the supplements noted above. It is, however, an amazing addition to an immune support regimen.

**Greens Powder Pick:**

[Athletic Greens Powder](#): Athletic Greens contains 75 minerals and vitamins—all in one serving. Since it isn't a capsule form, it is absorbed better by the body. Not to mention, it tastes great!

*Instructions:*

- 1 scoop in 16 ozs. of water with lemon! This keeps me hydrated and enjoying the taste.

As always, speak with your doctor before adding any new supplements to your regimen. And if you're interested in working one-on-one with me to implement these supplements into your daily routine, connect with me [here!](#)

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[www.elissagoodman.com](http://www.elissagoodman.com)

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