



Cayle Clinic, P.C.

Changing women's
Healthcare...
...one woman at a time



CSI and Cayle Clinic's Immune Boosting Food List

Incorporate these healthy foods into your diet to strengthen your immune system in a way your taste buds can appreciate.

Organic Yogurt

Yogurt that contains live cultures is rich in lactobacillus acidophilus and bifidobacterium lactis (good bacteria), which fight bacteria that cause diseases and raise your white blood cell count.

Organic Green Tea

Green tea is a great source of L-theanine, an amino acid that triggers the release of germ-fighting compounds from your T-cells.

Oranges

One of the best sources of immunity-boosting vitamin C, oranges cause your body to produce higher levels of antibodies and white blood cells.

Garlic

Garlic is loaded with ajoene, allicin and thiosulfinates, compounds high in sulfur that ward off diseases and help battle infections.

Carrots

Carrots are packed with beta carotene, a phytonutrient that increases your body's production of T-cells and natural killer cells.

Spinach

The high amount of antioxidants found in spinach help boost your immune system.

Sweet Potatoes

Like carrots, sweet potatoes are loaded with beta carotene, which boosts your body's T-cell and NK-cell count.

Mushrooms

Rich in compounds called beta glucans, mushrooms boost the production of NK-cells and T-cells in your body to help prevent infections.

Kiwi

Like oranges, kiwis are high in vitamin C, which helps protect your body against infections.

Bell Peppers

Bell peppers are also packed with vitamin C, which prompts your body to produce more interferon. This antibody covers the surface of cells and fends off viruses.

Broccoli

Broccoli is a great source of glucosinolates, phytonutrients rich in sulfur that stimulate the natural antioxidant systems in your body.

Barley

Like mushrooms, barley contains a high amount of beta glucans, known for their antioxidant and antimicrobial properties.

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