



Naturally Available Immunity Boosting Foods

In these days of Viruses and Other Germs flying around us, our Human Body natural Defense System (Immunity or Immune System) can benefit from extra help.

One of the Easiest and Best ways to boost our immunity, is by eating naturally occurring Immunity Boosting Foods. Below is a list of 8 commonly available and naturally-occurring Immunity Boosting Foods and why they do so.

8 Natural Immunity Boosting Foods:

-  **Broccoli:**
Broccoli has abundant vitamins A, C and the antioxidant glutathione. This combination is very useful for strengthening our body's immune system.
-  **Carrots:**
Carrots contain lot of beta-carotene which turns into vitamin A inside our body. Vitamin A cleans up damaging free radicals and boost our immune system.
-  **Garlic:**
Raw Garlic is a natural body defender, due to its ability to protect the skin and fight bacteria, viruses, and fungi.
-  **Ginger:**
Ginger is a very rich source of antioxidants. Antioxidants are very essential for supporting our body's immune defense system and hence to fight infections.
-  **Spinach:**
Raw or lightly cooked spinach contains lots of folates which are useful for making new cells and vitamin C antioxidants which strengthens our immune system.
-  **Sweet Potato:**
Sweet Potato, like Carrots contain lot of beta-carotene which turns into vitamin A inside our body. Vitamin A cleans up damaging free radicals, and boost our immune system.
-  **Tea:**
Green, White or Black Tea contains polyphenols and flavonoids, which are types of antioxidants that our body uses to fight against free radicals that often damage our cells.
-  **Watermelon:**
Contains lots of the antioxidant 'glutathione' which strengthens the immune system.

Do you need More Information?

The [U.S. Office of Disease Prevention and Health Promotion](#) and many other Public, Private and Non-Governmental Organizations such as, [American College of Preventive Medicine](#) and [Medica Humana International Foundation](#), are seriously and actively Advocating, Campaigning and Promoting Preventive Healthcare.

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Disclaimer:

All information contained in this document do not constitute a Medical Advice or Treatment Claims. If you have any doubt or questions, the best action to take is to consult your doctor as soon as possible.

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Dr. Waley (Adewale) Salami, is a Medical Doctor and an advocate of Preventive Healthcare. He has worked for several years in Clinical Research into New Medicines and Bio-Pharmaceutical Drug Development. Waley is a member of the American College of Preventive Medicine and Co-Founder / Chief Medical Officer of Medica Humana International Foundation in Netherlands. Waley publishes both on Medical-Scientific and Freely and Publicly accessible media such as [LinkedIn](#), [ReseachGate](#), [Wikipedia](#), [Blogger](#), [SlideShare](#), [WikiHow](#), and others.