

#### **Immune Booster Meal Plan**

### Strengthen • Defend • Thrive Naturally

# **Why Boost Immunity?**

Your immune system is your first line of defense against illness, infection, and fatigue. It must be well-fed, well-rested, and supported with nature's best herbs to work at full strength.

This guide uses immune-supporting foods and herbs to give your body a daily dose of protection and healing.

## Immunity-Boosting Herbal Superstars

Herb/Product	Role in Immunity Support
Moringa	Antioxidant, rich in vitamin C & A
Elderberry	Fights flu & viral infections
Turmeric + Black Pepper	Anti-inflammatory powerhouse
Ginger & Garlic	Natural antimicrobials
Seamoss Capsules	Provides 92 minerals for immunity

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### m Daily Immunity Meal Routine (7-Day Plan)

# Morning Detox

- 1 glass warm water + lemon + moringa powder
- Herbal immune tea (ginger, clove, cinnamon)
- Optional: 1 seamoss capsule

### **Breakfast**

- Papaya or pineapple slices
- Boiled eggs with turmeric
- Green smoothie: spinach + mango + chia

#### **Lunch**

- Mixed vegetable stir-fry (broccoli, pumpkin, garlic)
- Millet ugali or sweet potatoes
- Avocado + beetroot salad

## **Dinner**

- Warm lentil soup with turmeric & cumin
- Chamomile or neem tea
- Guava or orange slices for vitamin C

### **P** Immunity Lifestyle Tips

- Sleep 7–8 hours each night
- Avoid sugar and processed snacks
- Spend time in fresh air/sunlight for Vitamin D
- Reduce stress with herbal teas and prayer
- Take your herbal capsules consistently

### 👃 Additional Herbal Recommendations

Product	Usage
Immune Capsules	Daily use, especially during cold/flu seasons
Detox Tea	Use 2x per week to clear internal toxins
Vitamin Booster Tonic	Energy + immunity blend
Seamoss Capsules	Full mineral support for all systems

## **Contact & Support**

### **DrSpice Organics**

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"A healthy immune system is your daily shield. Feed it, move it, rest it."

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