

The background of the entire page is a close-up, high-resolution photograph of several lemon slices. The slices are arranged in a way that shows the internal structure of the fruit, including the juicy segments and the white pith. The lighting is bright, highlighting the natural colors and textures of the lemons.

# 7 Ingredients To Nourish The Immune System

luxford**nutrition**

---

**EMILY LUXFORD, MS, RD,  
IFNCP, CLT**



# Choose Food First: Nourish Your Immune System

## **Bone broth**

**Drink between meals or use as base for soups or grains**

## **Garlic**

**Chop finely and roast with vegetables**

## **Ginger**

**Soak in hot water for 10 minutes and drink as tea**

## **Lemon**

**Drizzle over meat or grains before serving**

## **Manuka Honey**

**Add to yogurt**

## **Maitake Mushroom**

**Saute in your preferred fat**

## **Turmeric**

**Add to smoothies**