

Leah (00:01.078)

Hey ladies, we are going to be talking about the immune system today and I have pages of notes. So if you are watching the YouTube video, then you see me intently staring at my screen. I'm not intently staring at you. I'm intently staring at my notes so I can remember everything because what we're going to cover in the immune system is we're going to

to cover general support like how to just generally boost your immune system and then two we're going to um

talk about specific things to use when you get sick and you know where to get that and where to learn more about that and grow from there okay so I am utterly freezing I'm in the basement I'm always in the basement when I record typically and it is so hot outside it's like in the 80s but it is so cold in our basement

So I just come down here and I think it's, you know, I pile on the blankets and then I go upstairs. I'm like, oh my gosh, it's actually very hot up here. Not that anybody wanted to know that. Okay, so let me move this microphone closer so all of you don't kill me and say, we can't hear you. I'm so sorry. I don't know what happens when I podcast, but I just all of a sudden become this very quiet voice. Okay, so.

I want to talk about first general things that we can do that don't involve supplements to support our immune system. Now I feel like this is going to be a little bit of a slightly touchy subject because everybody kind of has their own things that they like to do to support their immune system. And if what you're doing is working for you, great. If it's not, and you're looking for some other things.

Leah (02:00.082)

here are some suggestions. I don't think that you need to do every single thing that I'm going to talk about today. Okay, because for example, in the general immune support, I give you a lot of different products that have a very similar effect. So do you have to do all of them? No, just pick one. Okay. So that is important to know. Then secondly, building your medicine cabinet and your medicine cabinet knowledge.

is going to take a while. So please don't get frustrated with yourself and be like, i don't know anything, what's wrong with me, i'm never going to learn all of this. No. I think this is one you're probably going to want to, this episode you're going to want to revisit, okay? You're going to want to share this one with all of your mom friends and basically all your friends because everybody needs some immune system. I always appreciate when you guys share the podcast.

And this is one you're probably going to want to listen to and then you're going to want to re listen to and take some notes. We are going to put all of the links in the show notes as well. So just scroll down. If you are someone that listens on Google podcasts, for some reason, Google podcasts doesn't pull up the show note links for you. So just go to [leahbruggemann.com](http://leahbruggemann.com) and hit

the podcast tab. And the podcast show notes will all pop up there as well. So if you're someone that has

an issue seeing anything like that, definitely check that one out. Okay. So let's go ahead and dive in. So in terms of general support, lifestyle things, no sugar. Sugar lowers your immune system. And I really, really don't think that it's a coincidence that

So many people get sick between the times of like Thanksgiving through New Year's because we're celebrating, we're eating lots of pie, we're eating lots of Christmas cookies, we're doing all sorts of stuff, right? Our schedule is off, our routine is off, our immune system is down, and of course we're going to be getting sick and then you know, little kids like to give us their germs. So

Leah (04:16.166)

really paying attention to sugar intake. I think it's really important, you know, to stay on top of to stay on top of everything. And especially when I'm traveling, and I know like maybe we're gonna be having more Christmas cookies, or we're gonna be eating at somebody else's house. I made up the other immune support stuff that I'm doing. Okay, so just keep that in mind, please for sugar.

Then secondly, actually balancing your blood sugar, not even just not eating sugar, but like balancing your blood sugar, because blood sugar roller coasters 100% cause inflammation in your body, right? Which is going to if we get exposed to some sort of germ, of course, it's going to have a much stronger impact.

in taking us down if we aren't balancing our blood sugar. So even if you are having the Christmas cookies or you wanna have the pie or you're doing whatever, can you put it with your meal? Can you make sure you're getting your protein in? Go back to the episodes on balancing blood sugar. Re-listen, take notes, make this a priority, even for your kids. I know a lot of times we think, oh, this is just for us. My kids can have waffles for breakfast and pancakes for breakfast and sugary cereal for breakfast.

They're strong, they're adaptive, they'll figure it out. No, your kids also need to balance their blood sugar. Are they getting their fats and are they getting their protein? And this also is gonna affect kids' behaviors and kids being able to sleep is balancing their blood sugar as well. So something to also keep in mind. Getting out and getting some sunshine in. I know I live in Michigan and we enter this part in the middle of winter where you just don't see the sun for weeks on end. And it is...

horrible. And I hate it. But trying to get outside, get some fresh air, get some movement in, especially with kids. It doesn't have to be like, formal movement, like, oh, my kids are going to go work out for a half an hour. No, no, no. But like, can they go outside and ride their bikes? Can they go on a walk with you? Can they get fresh air? Can they just play outside? Just be kids play outside, right? Get that fresh air.

Leah (06:33.11)

And the other thing when you're inside all of the time, do you have a good air purifier? You know, is your air quality good? You know, this is just, you know, coming down to our basics. And that leads me right into good air purifier, reducing your toxic exposure. So reducing your toxic exposure obviously is going to lower inflammation in your body, which is obviously going to help support your immune system. So if we're lowering our toxic exposure, like the care products you're using on your kids, like

you know, their, their body care, their soap, you know, are you using air fresheners, you know, I feel like most of you guys are probably beyond that you don't use. You don't use those free breeze and wall plugins and bath and body works. I feel like most of you probably know that, but if you don't, those are massive endocrine disruptors, a your lung, your respiratory system is one of your detox pathway. So of course,

course, we don't want to plug that up with all of these toxic chemicals. That's not going to be great for our immune system either. If you think about it too, fall comes out and everybody's like, I need all these fall pumpkin spice scented things, which are full of toxins, chemicals, endocrine disruptors. So choose wisely. There are non-toxic candles out there. Find them with soy wax or beeswax is awesome if you can find that.

um you know without all of these harmful artificial fragrances and you know things like that so reducing your toxic exposure i know that you guys are already on that journey and we're slowly but surely you know one step at a time you know getting there but these are just things that have nothing to do with supplements have nothing to do with anything and we are just working on reducing our

Leah (08:27.778)

have lotions and have body care and obviously, so wash your hair and wash your face and have non-toxic products. It's totally possible. Just, you know, we have to do a little research there. Okay, moving on to supplements that are general research. I'm pretty sure everything else from out here is herbs, electrolytes. We're gonna be covering general support then we're gonna be covering specific things like if you get sick with XYZ, make sure you have this on hand.

herbs that I always have on hand, random things I always have on hand. And so my big disclaimer here is this is not medical advice. Do not take anything, do not take any supplements without consulting with your provider, your pediatrician. You are literally the sole authority on the health of your body.

So you can take this as furthering your education and look into it more yourself before you decide what is best for you and your family. But please remember that this is maybe something that I do, but I am not you and I don't know your kids and I don't know your health history. So please remember to do your research and make informed decisions on what you think is best for your body. Number one thing that we use in our household is colostrum.

bovine colostrum. We use armors which you spell A-R-M-R-A. And this is typically well tolerated with even people who have a sensitivity to dairy and I've actually seen it be very helpful in people who do have a sensitivity to dairy. But basically what this is,

is it rebuilds your whole body microbiome and strengthens your immune barriers, especially along the mouth, sinuses, lung, gut, urinary and reproductive tract to block unwelcome particles so that it will strengthen your immune system. Because you know, you breathe stuff in, you smell stuff, and then of course, you know, those germs are getting in through your ears, through your nose, and this is protecting all of that. It does have to be processed.

Leah (10:41.35)

well. So that's why I use the arm raw one. And you can't put it in anything hot. So like, I'll mix this in my kids apple sauce, I'll mix it in their yogurt, I just take it like a shot. Literally, when I say my kids, I mean, I sprinkle it in, they don't even get they don't even get a half a scoop, they don't even get a quarter of a scoop, they get a sprinkle, a sprinkle. And I find this to be so helpful. This has been something that was really big support.

for millions, gut health, and I really, really like this one. It also really does help your bodies support your sleep, which of course optimal sleep, better cortisol levels, better blood sugar, stronger immune system. So it does help support your natural circadian rhythm, which is really, really good.

melatonin is actually primarily produced in the gut. So this is a great supportive for that. And then on top of that, it just naturally fortifies your entire gut wall system, replenishing your gut microbiome, repairing the gut wall architecture, and it helps block irritants that can trigger symptoms like bloating and constipation and any type of gut issue. So this is a really good general support that I like to bring in. Now I get the big

tub of it, which has 120 servings because it's cheapest that way and it doesn't have any flavorings or anything in it. It's literally just unflavored. Literally the only ingredient is colostrum. So I really, really like that one. Now, another one that is similar in terms of what it does is immunoline. So immunoline has been clinically shown to promote the body's natural immune defense within the gut. It helps support essential detoxification.

Now the great thing about immunoline is literally, it's pretty much safe for everybody, unless you are allergic to beef, okay? Bovine immunoglobulin is synthesized in an immune response to pathogens. So not only does it bind to a wide range of pathogenic, sorry, bacteria, but it also will bind to allergens. So I use...

Leah (13:04.182)

you when you're using immunoline just as a regular support typically it's around one to two ish grams a day. I actually use this a lot because it's a great support for my pregnant moms and my postpartum moms if they're dealing with any type of gut issues because again talk to your

provider but it is typically safe to really help support that gut system. I'll bring up that dosage a lot.

because it really does help your gut health. It helps bind to inflammatory antigens. It supports your immune health by increasing the uptake and utilization of nutrients, helps support your gut barrier function, so digestive function. And we all know the more you support your gut, the more you're also supporting your immune system. The more you support your digestive system, the more you're utilizing nutrients and therefore the better your gut health is and the better your immune system is going to be. And...

So I will if you go to full script, which is the supplement dispensary, I'll make sure that's in the show notes. microbiome labs has one is called mega IGG. And then the other brand, I believe is called Biotics Research. It's the one with immunoline is called SBI protect. I will if you make a full script account, I will try and put those in a protocol and title it. It's not actually a

Leah (14:29.758)

Immunoline so you know what I'm looking you know what you're looking for but those are the two ones that I Use and I really like Do I think you would need immunoline and colostrum at the same time? No, I would just pick one um And Here's another thing to colostrum ends up being a little bit cheaper when you buy it in the bigger tub But immunoline also has no dairy in it So if you're someone that's just so sensitive to dairy, you know, you're looking at

slight difference there. Another immune support that I like is AHCC. So I like to think about AHCC as immune intelligence. It basically just makes your immune system smarter, more adaptive. There has been over 30 clinical trials done on AHCC. It is

Leah (15:25.27)

and the tricky thing about AHCC is you have to buy it from a company that has gotten it correctly because the sourcing process is actually patented by a company in Japan so you have to make sure that you're getting it from that place. I use the brand quality of life. I really like their AHCC and this is a more pricey supplement so I've been taking AHCC for a long time actually.

it was something that was really useful in my journey with hormone balancing, especially because I had fibroadenomas and so it was it was just something that I brought in as a tool and I really do like it and I also just love the immune system support so I actually will open a capsule and sprinkle maybe a fourth of a capsule maybe a half a capsule and landen's food.

I have not ever given this to Killian as of yet. He just gets colostrum a little bit, a sprinkle of that. But I do use that when I don't have him take it regularly, but when things are going around or we're traveling, I bring that one in. I take it regularly. You do want to have it. You need to have, it's something you want to have in your system before you get sick, right? Because then your immune defense is there to fight.

um the germs and the pathogens and everything that's trying to come in and make you sick, right? it's not something where you're like oh i'm sick and now i'm gonna do this, take this supplement, this is something you would prep beforehand. so before traveling or maybe you're like okay, sick season's starting, i'm gonna bring this one in. vitamin c is another one. vitamin c is something your body doesn't store so you do have to be getting this in.

every day. You know if you're eating a lot of vitamin C rich foods like red peppers and kiwi and citrus isn't super high in it but that's another one or you can bring in a vitamin c supplement. You know what I'm actually going to make the full script protocol just immune support and I'm going to put all of the ones that you can get from full script in there. I like different types of vitamin c there's liquid ones or powdered ones so I'll put those in for you. And

Leah (17:42.954)

You probably, I mean, I typically take a bigger dosage than, I typically take anywhere from two to three grams, me personally, if something is going around, and then a lot less if it's more of a maintenance dose and I'm getting in a lot of vitamin C rich foods, it's harder obviously if you're traveling, I'm thinking of everybody that's gonna be traveling for holidays and stuff. That's where a supplement can be really helpful.

um obviously a lot less for kids. And then another one that's a general support and this is maybe you're like okay I don't need HCC for all of the other benefits that HCC has because HCC is amazing for autoimmune, Lyme disease, things like that. And so if you're someone that doesn't need that big of a punch with HCC, if you want to learn more about HCC by the way, if you scroll back

Leah (18:43.894)

We'll link it in the show notes. I think it's supporting hormones with functional mushrooms. We have a whole episode on HCC. But if you're like, nope, I don't need all the other things that HCC does. I'm just looking for strict immune support here, then you might just prefer taking turkey tail because it's obviously more cost effective. So I use a Versio's turkey tail. This is an amazing immune defender.

Again, you want this in your system before you are getting sick so that your body is there to fight it. So I would just do a lower dosage like one capsule a day which makes that also much more cost effective because I think that would be two months supply in each bottle of Aversio. I'll make sure they're linked in the show notes but you can always use the code Leah just my name for 15% off.

um, aversia mushrooms, but that would be a great just immune support to take, um, to build up the strength of your immune system. Another one's going to be elderberry. You know, um, I use Roca's as elderberry and Landon takes that very consistently. You know, sub brings that in whenever sickness is going around. I bring that in whenever sickness is going around. Um, don't give that to Killian because he just gets that through my breast

Leah (20:08.566)

going to be going over some other things that we use from Rokasa in a little bit. Okay, so those are the general immune system support that's generally just very supportive for our immune system. So let's move into homeopathy. So I use homeopathy like crazy, like I haven't built up all of my stuff, but I have a pretty good kit going. So

Homeopathy is based off of symptoms. So if you can catch it fast enough and you know what symptom they're presenting, like maybe it's just like, oh, I have a headache, or I'm starting to get a little feverish feeling, or maybe I have a scratchy throat, or maybe I'm coughing, then you would pick a specific remedy that aligns with that. And that's what you would use for them. So it really does depend on the symptoms. So I think a great book for you to learn a little bit more about that is the book called The Complete Homeopathy Handbook by Miranda.

Castro or costro. I hope I'm saying her name right. I will put that in the show notes for you all. So I think that would be a great one to have on hand so that you can start building your knowledge on what you're using for homeopathy. Now most health food stores have homeopathy. They will typically go up to about a 30 C doses, which sometimes you need more. You need like a 200 C or a 1 M.

depending on what's going on, which again, grab that book. But 30C is a great one to grab from your health food store if you're like, I really need something. Let me go grab that. Be very careful with where you buy homeopathy. So you make sure you're getting the actual good brands. Hyalines we use for our cell salts. Boron we use. And this one I'm gonna butcher the name of Olloys. Olloys, O-L-L-O-I-S.

It's another good brand. The ones that we typically go to right away is Pulsatilla. This was the remedy that completely sold my husband on homeopathy because he has a deviated septum and so every time he gets sick, his sinuses get so clogged up and I, Pulsatilla is amazing for stuffed up sinuses, sinus infections and so I gave him Pulsatilla and his nose started draining and he was like, whoa, okay, that stuff really, really works.

Leah (22:33.674)

Um, bryonia is another one that will bring in a lot specifically for our family. Eupatorium because when I get sick, I get headaches right behind my eyes and so eupatorium is my remedy. Um, so I always have that one on hand. Um, I think the other one we typically use a lot is phytolaka because that's one that we use for sore throats, but my symptoms may be different than your symptoms, right? So those are ones that we typically, you know, use based off of

how we get sick, but you may get, maybe you always get the stomach flu or maybe you just always get really high fevers, okay? So I would definitely grab that book and start building out your homeopathic collection. I'm gonna say this a million times, but you wanna have remedies on hand before you get sick, right, because otherwise, by the time you order them and by the time they get there with how slow shipping is, you're probably gonna be better by that time, right? So I...

build up my medicine cabinet when they're sales. So like when they're sales, I'm like, great, I know that I'm probably going to need these remedies at some point this year. I'm going to build them up. Homeopathy, as long as you keep it away from batteries, does last a very long time, which is amazing. The other thing that I use a ton is herbs and herbal tinctures. Last years. So again, not going to go bad. Just store them correctly. And so...

just buy during sales and keep building up your medicine cabinet so you have these things on hand when you need and you can pull out your defenses and you're building your knowledge. Okay. So herbs we have on hand herbal tinctures and herbs, but my tinctures I buy from a online place called sub Luna. And the stinky thing about sub Luna is that they aren't just a

So you have to wait until she launches and opens up her store, which is like every six weeks, I think. So, two parts and she sells out very quickly. That is kind of frustrating from a consumer standpoint when you're trying to build up your medicine cabinet. But I do like her tinctures. Rose Mountain Herbs is another good place and then that I like getting tinctures from as well.

Leah (24:58.942)

So acanacea is one, it's a really good immune support that will bring in at the very beginning of a sickness. That one's really good. Spruce tips I really like. If you're really sick and uncomfortable and you can't sleep, actually her poppy flower, tincture is really, really helpful just helping support you sleeping. She has another one called fever few. And that one is really, really good, especially if you're fighting a fever.

Um, so those are good to have on hand. Um, and then not from her, but like herbs, like in capsules, ones that I like are, uh, Mullen. That one's really good if you get really, um, bad cough. So it goes in respiratory system. Marshmallow root is another really good one. Um, I like bringing in those. So I find like herbs and tinctures and homeopathy.

is if you catch it, you know, fast enough, you nail that right remedy, it helps so much. And it's just clears things so much faster. So I do really like those. Really random category of things that I really like are Swedish bitters. Now, Swedish bitters I like and I use because I'm going back to the sinus infection thing. So my husband always goes right into his sinuses.

I also go right into my sinuses. I'm gonna thank that to my dad. So Pulsatilla, we always bring in, but I actually will take, so put some lotion on your face, like right on your sinuses. And then, so put some lotion because you don't wanna burn yourself. And then I will take a cotton ball and I will soak it in the Swedish bitters. And then I put it right on my sinuses. And then I tape it on and you look like Frankenstein. And I sleep like that. And I am telling you, it is.

magical if you if it goes into your sinus you get a sinus infection like magical I love that stuff. Again don't mess around with infections but like if you can get ahead of the game before it like gets there so useful. Everybody has their own thing that they're going to do to support fevers. I know your fevers are your body's way of fighting things.



Leah (27:17.814)

But again, especially with little kids, it can be scary if they get really high. Different things that I do to help support the body when you are fighting a fever is peppermint or spearmint or basil essential oils. Very, very diluted on the spine is where I will use them. The other thing when you have fevers or a lot of congestion is the cold socks trick where you...

get ice water and you have a sock on and you dunk your foot in the freezing ice cold water and then you cover it up with wool, a wool sock nice and warm and then get under the covers and that is really helpful for helping your body like break through that fever. Again, is there science behind that? No, that's more of like an old, not even an old wise, that's more of like a traditional thing that strangely enough really works.

So I really like using that one, especially if you're dealing with fevers, I'm just not getting in enough food, enough water. I bring in a lot of electrolytes, especially for the kiddos or my husband doesn't eat anything when he has a fever, so we'll bring in a lot of electrolytes. I like Paleo Valley, they launched some new ones, they're awesome. Redmond's Relight, we love them. Just Ingredients, I love them. All really, really good. Paleo Valley and Just Ingredients are lower on sodium.

Redmond's is higher in sodium, so depending on what you're needing. Energy bits is something we have a whole podcast episode if you go back to like, I think it's energy, supporting energy metabolism, something like that with algae, listen to that episode. But I love energy bits because I'm coming back to the fact that when you're sick, you don't eat a lot of food, but you still need nutrients and energy bits, you just swallow them.

um they are full of so many vitamins and minerals, so a great way to just get some nutrition in a very simple way without eating a ton of food. it can really help support you um support you in that. okay so that one, i mean my little toddler will swallow those in applesauce or he'll chew them, but he does he's like i swish them down. um but i'm haven't...

Leah (29:36.162)

had him be sick enough where like he wouldn't take those. So I can't really give you advice there, but my husband will take those. I will literally give him two to three servings of those a day, like 10, so he'll get 30. Has been really, really helpful because I'm telling you, you still need to bring up your nutrition when you're sick, but like eating just sounds, ugh. So bone broth is another one. If they'll drink some of that, that's a good one to bring in.

Throwing up activated charcoal. Activated charcoal capsules we will have on hand. Little, little kids, just a little sprinkle. Haven't had this issue yet, so I can't say how I handle that with my family. But with adults, activated charcoal capsules, great. And then of course, bringing in electrolytes. And then my Roe Casa list that I have of things that I use when we're sick.

I love that I can just get these from one place. So I don't know if this is a genetic thing or what, but after getting adjusted, I think it's, I wanna say it's C2. Don't come for me if I'm wrong, but C2 does affect how your ears drain. So making sure that is in alignment has been really helpful for my kids in ear infections, because when they're little, all of my siblings had this issue, it goes right into their ears and they get an earache.

And then I'm fighting that because I don't want it to become an ear infection, but I do the Rokasa earache drops You can do those every hour And then I will do I use both of these things because I'm telling you when I get earaches When I'm worried it's gonna become an ear infection. I just come in with like all my gums blazing I will do their earache drops and then I use the Hyland's homeopathic ear drops and I only use those

two to three times a day. So I use those. And the other one that I use with my kiddos is the baby decongestion cream. And what I will do, this is where you wanna watch YouTube video. So I will do like a self lymphatic.

Leah (31:47.362)

drainage opening because I want to open things up. So I start on their collarbone and I put my fingers in the center and I will actually brush out towards the shoulders. Super light. I mean it's feather light touch and I do that about 40 times. So this is like your opening protocol for a limb. So open, open. And then I put my hands underneath their ears and I actually will pulse that for about 10 times. Very, very, very lightly. And then take your fingers very lightly and I brush down.

from ears to shoulders, ears to shoulders. And I'm doing this all with a very little bit of the decongestion cream. And then I will take some of the decongestion cream and I put it on their sinuses. Make sure this is far away from like their eyes so it's not gonna make their eyes water or anything. Don't really have this issue with the baby decongestion, Seth, but just like a helpful reminder. And then I put their ear egg drops in and then it will actually take their ear lobes and very gently pull out and down. And...

I learned this from cranial sacral therapy and I find it so useful for helping support them. I will even put some of the decongestion salve like on their, the bottoms of their feet, especially at nighttime. And then again, you know, supporting them if they get like a tummy ache, having the tummy salve is really, really helpful for all of these, for all of these things. Okay.

That's what I do for the babies. Now what I do for the adults, if all things, I do the earache oil. I definitely do that 100%. The other thing that I do for earaches, I forgot to tell you this, is in a roller ball I will put lavender, basil, yeah lavender, I don't know why I can't remember this, lavender, basil, and peppermint essential oils. Very, very diluted. I mean if we're talking kids in a whole roller ball.

I'll put a carrier oil and I put maybe two drops of each oil, sometimes one, depending on how little they are. And I will rub that behind their ears after I finish this flow. I will use this with Seb.

The concentration will be higher. So I will put 10 drops of each oil in the roller ball with the carrier oil. And you can use Rokasa has essential oil line. And

Leah (34:10.102)

That's really good for supporting the ears. I also use the earache drops with him. The other thing that I do is that nasal decongestion spray that they have is phenomenal. I will squirt that into your sinuses and immediately, like immediately I'm like, oh, I can finally blow my nose and breathe. So I love that one. If you have a sore throat, I use their throat spray. It's really good for making, numbing your throat out, making it feel better.

I will, the elderberry I'll bring in obviously and their antioxidant syrup I will bring in as well. Headaches, I use their headache and sinus salve in their magnesium cream. I will put that on the temples, I will put that on the base of the neck and kind of do a little massage there. I find that to be really, really helpful. Depending on what you have going on, maybe you have a fever, I would bring in the detox bath salts and take a bath with those nice and hot.

I do use the decongestion cream and the lymphatic cream. I don't typically use both at the same time. If there is zero congestion, just a fever or achiness or whatever, I would probably just use lymph. And then if there's more congestion, I would probably use the decongestion cream. But I would do the exact same lymphatic.

flow that I told you about with the kids. I do the exact same thing on Seb, literally. Seb brings me all of the things when he gets sick and he goes, please fix me. Because he notices such a difference. And this just helps your body fight it so much faster. So when you get sick, instead of being sick for days and weeks, it's like 48 hours and you're starting to feel better. Right? And I much prefer that, much prefer that instead of having this lingering cough. So...

The other thing that I do use is actually the muscle and joint cream. And the reason why I use that one is if you are having trouble, if you have all the aches and pains because you have a fever, muscle and joint cream. It also has some of that. I think it's peppermint or is it camphor oil in it? So it's very cooling, especially if you're very hot. So I find that to be very, very useful. So.

Leah (36:24.738)

That is my massive dump of immune system support things that I personally do. Again, please always talk to your doctor. Make sure that you are making the best informed decision for you and your kids. Like I said, I don't mess around with infections. So my whole goal is to like nip things in the bud before it gets to an infection. I don't just try and wait around and be like, I hope it doesn't become an infection. I'm like doing all of the things.

so that it doesn't become an infection, right? Because I would prefer not to put my kids on antibiotics and then that lowers their immune system and we're back to square one and then we're gonna get all the bugs, right? So I am very hyper aggressive as soon as somebody is sniffing, I'm like, I got the stuff. And this took me a couple of years to build up my medicine

cabinet. Like I would say the first thing that I started with was homeopathy because it was very cost effective.

And then I started moving into herbs and tinctures and bringing those in. And then I got introduced to Rokasa and I brought in all of their stuff. And then, you know, I keep learning and added in cholesterol and AHCC and all of the other things. And I take that with us when we go traveling. Whenever anybody is like in our circle is getting sick, I'm like bringing the stuff because I just don't wanna get sick. I don't like getting sick.

Um, and so then when we do get sick, we are able to fight it a lot faster, uh, thankfully, so everybody's not down for the count and you know, it's not as bad for the little kids. But that is what I do. Um, obviously make sure that you always consult with your providers and your pediatricians, making sure that you're doing what's best for you. You're not giving your kids anything that maybe you're allergic to. So making sure you're checking like, you know,

all of your ingredients, especially in your herbal tinctures. Okay? So I would love actually, if you could message me on Instagram and tell me like what your immune system support hacks are because every family has new and different ones and I love expanding my knowledge there. So if you're, if you have something super weird or just that's always worked for you, I would love to know. So if you just shoot me a message at Leah underscore BRUEG, I would love to know.