

# Weak vs. **Strong** Immune System

When the immune system is weak, we are more vulnerable to a variety of symptoms that can keep us from feeling our best. When the immune system is strong, we are more likely to thrive. When a person has a **strong** immune system, they are more likely to have the following qualities. On the opposite end of the spectrum, a person with a weak immune system would be more likely to have qualities seen on the *weak* list.



## Weak



Inflammation resolution challenges



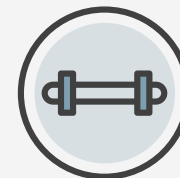
Poor gut microbiome



Lack of fruits, vegetables, and whole grains in diet



Poor sleep habits

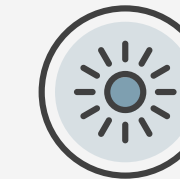


Sedentary lifestyle



Poor stress management

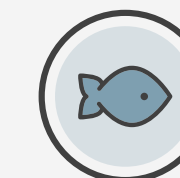
## Strong



Vitamin D levels



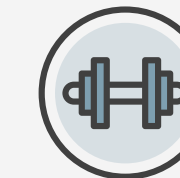
Zinc levels



Appropriate omega-3 intake



Adequate sleep



Regular exercise



Healthy stress management