

TOP 10 IMMUNE BOOSTERS!!!

You have the POWER to CREATE Health NOW

Research-Based, Easy to Implement, Powerful Results

- * **#1- SLEEP!**- Don't underestimate this (there is a reason it is mentioned first!) Consistent sleep at 8 hours...with more hours before midnight optimize REM & deep sleep (for healing & rejuvenation of body systems) as well as immunity. Side note: You have probably noticed an increase in fatigue/decrease in energy...this is due to all the “emotions” you are taking on from the world as well as yours. Don't hesitate to take some “cat naps” during the day as well.
- * **#2- Supplements! PROBIOTIC**, Vitamin C, Zinc, Elderberry & Lysine, fish oils, and Ashwagandha (great for anxiety). BUT please remember the “quality “of a supplement counts...otherwise, you just have expensive pee. :). If you are looking to save a bit in your pocket then go with the PROBIOTIC out of any of them for sure...gut health is IMMUNE health...thus in CAPITALS & BOLD!
- * **#3- CBD/CBG**- we all have been inundated with the HEMP industry! CBD/CBG oils address the endocannabinoid system (ECS) which regulates ALL body systems and processes...including the IMMUNE system. I am a fan of the CBG oil as it is the “mother” to all other phytocannabinoids, including CBD...it has neuro-protective and neuro-regenerative properties to optimize sleep, mood/ decrease anxiety, pain relief, and GUT health (see #2 above!)
- * **#4- MOVEMENT**- It's great to exercise BUT remember point #1! Honor your body and where it's at. 10 minutes of movement is shown to boost energy, mood, immunity and more. Dance, walk, yoga, etc. Put it in your schedule as well...this changes the neuro-connections in the brain...ie. You are more likely TO DO!
- * **#5- The “Good” Munchies**- And if you are finding you have a lot of the “stress” eating going going make sure you have one, healthy options and two a PAUSE...often when we pause and look at why we want it it will help us move into something better...go on that short WALK! (#4) Scheduling time to eat for same reason above is KEY. **Immune boosting food: GREENS/veggies, the range of citrus fruits, ginger, garlic, green tea, fish, bone broth. Immune suppressing: processed sugar, high-saturated fats, alcohol, packaged/processed food**

* *****great to have an accountability partner for these as well!**



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(this page is actually more important than the first :))

- * **#6- Healing old trauma**- we all have our beautiful story. And we also have our pain. We often “store” our pain in our body tissues which cause stagnancy and decrease immunity. Appropriate digesting & releasing past trauma is **KEY**. Often additional support here is needed. Reach out for a coach or counselor to facilitate this. **ASIDE:** the virus is attacking our lungs. Lungs are symbolic of loss/mourning/grief. As you make your journey through this unique time don't be surprised if old loss/grief comes up...let it! And again reach out to someone to help process.
- * **#7- Own what is certain in your life**- when we shift our mind from what feels uncertain now into things we have certainty or control over this will decrease fight-or-flight (high levels of cortisol dropped into body in this state which increases inflammation in body) and put our system into a calm/parasympathetic state which optimizes immunity. What can you be certain about? Control of your feelings, control of what you say, control of what you hear, control of what you do! That's walk makes us human! **WE** have the power & certainty of what we let in/out of our world which effects our state of **BEING** and **IMMUNITY!**
- * **#8- SERVE**- Studies have shown that “serving” creates the greatest and most **IMMEDIATE** shift in the brain and when implemented increases “happiness” and all the “happy pills” that boost immunity. Serving at a non-profit, serving your kids, the elderly, using your gifts (even now we can do that via **ZOOM!**)
- * **#9- Setting BOUNDARIES**- on people, places, things...right now tolerance to too much or the wrong people, places, things can send you into overwhelm/uncertainty/anxiety/fight-or-flight which decreases immunity. Being real honest with yourself on what people/places/things you need to limit time on or delete completely is necessary to allow healing. **ANOTHER** big one is social media/TV/computer use. “news” use I recommend no more than 30 minutes/day. With work on computer make sure you are taking breaks and have protection for the **EMFs** from your devices.
- * **#10- Being PRESENT**- Breathe, eye contact and **POSTURE** when doing a task or connecting with a person throughout your day. When you are thinking only of the last or next task/idea/person you not only limit productivity/integrity of your time and gifts **BUT** also it will put you into overwhelm/fight-or-flight...see #7 & 9. Creating **PRESENCE** in your life enhances a calm/parasympathetic state and **100%** boost immunity!

*****great to have an accountability partner for these as well!**

