

Become your best self, inside and out.



**HEALTHY FIT**

HEALTH AND WELLNESS LOOK GOOD ON EVERY BODY



# Healthy Immune System

A COMPLETE GUIDE

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To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear. - Buddha

# Your Immune System

Our immune systems do an amazing job of defending against disease-causing microorganisms.

But sometimes a germ invades successfully and makes us sick. It may be impossible to completely avoid getting sick, but we can implement some healthy-living strategies to guard ourselves the best we can!

And remember - an immune system is a single entity but a whole system. To function well, it requires balance, harmony and healthy-lifestyle choices.

The part can never be well unless the whole is well.

- Plato

# Healthy Immune System Checklist

Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies.

- Don't smoke.
  - Eat a balanced diet, high in fruits and vegetables. Shakeology, rich in nutrient-dense superfoods is a great way to help boost key nutrition into your diet.
  - Exercise regularly + sweat!
  - Maintain a healthy weight.
  - If you drink alcohol, drink only in moderation.
  - Get adequate sleep.
  - Take steps to avoid infection, such as frequent hand washing and disinfecting spaces.
  - Minimize stress.
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Let food be thy medicine and medicine  
be thy food. - Hippocrates

# Healthy Eating Checklist

- Include lean protein in each meal
- Include healthy fats in each meal
- Eat lots of veggies + fruit every day (aim for 4+ servings of vegetables)
- Eat more nutrient dense, whole foods
- Eat less processed foods + sugar
- Drink less alcohol
- Drink 8 glasses of water a day

BONUS: Move more often throughout your day

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Life is not merely being alive, but being well.


# At-home way to de-stress #1

## Tense + Release Muscles

- Lay flat and close your eyes.
  - Scrunch your face and clench your jaw... and release.
  - Tense your shoulders... and release.
  - Consciously tense and relax your muscle systems, working your way from your head to your feet.
  - Exhale deeply with each release.
  - Think of a worry while you tense and let that worry go while you release.
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# At-home way to de-stress #2

## Mindful Breathing

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- A person wearing a purple long-sleeved shirt is shown from the chest down. Their hands are positioned in front of them, with the fingers of both hands interlaced in a mudra, likely the Anjali mudra. The background is a soft, out-of-focus light purple.
- Take note of your breath and purposely track the feeling of inhaling and exhaling.
  - Notice the rise and fall of your chest and abdomen with each breath.
  - After a few breaths, take a slightly deeper breath. Try to really focus on your breathing and if you get distracted, just redirect your attention back to your breath.
  - Do this exercise for just five minutes. You can gradually increase the time each time you practice.
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# What does Gut Health have to do with it?

The majority of our immune system is housed in the gut. So it is important to make sure the digestive system is functioning properly.

There are 300 to 500 different kinds of bacteria containing nearly 2 million genes living inside of your gut. The mix of bacteria in your body is different from everyone else's mix. It's determined partly by your mother's microbiota -- the environment that you're exposed to at birth -- and partly from your diet and lifestyle.

Bacteria lives throughout your body, but the ones in your gut may have the biggest impact on your well-being. They line your entire digestive system and affect everything from your metabolism to your mood to your immune system.

Your gut is responsible for breaking down food, absorbing nutrients that support the body's functions (from energy production to hormone balance), skin health, mental health, and even toxin and waste elimination.

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# Foods That Support The Gut

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**Coconut Oil** – Cook with coconut oil or just eat it with a spoon (3 tablespoons by mouth per day to kill pathogens naturally). It has lauric and caprylic acids, which are fatty acids that are remarkable at killing off harmful yeast and bacteria while restoring your stomach's acidity levels.



**Cloves and Cinnamon** – By cooking with each of these spices or adding them to a drink you are naturally killing microbes that are wreaking havoc on your system.



**Turmeric** – Contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties. Most studies used turmeric extracts that are standardized to include large amounts of curcumin.



**Apple cider vinegar** – Helps your body create HCL (hydrochloric acid), which is a beneficial belly acid that helps digest fats, carbohydrates, and protein.



**Sauerkraut** - This naturally fermented food helps to lower irritable bowel syndrome symptoms like gas, bloating, and indigestion.



Need help creating your health plan?



Contact us for a  
consultation and  
customized plan to  
help you reach your  
goals!

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