

SUPERCHARGE YOUR BODY

CHECKLIST



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Immune System

- Innate Immune System
 - Skin
 - Immune Cells
 - Phagocytes
 - Antigen Eaters
 - T Cells
 - Regulate Immune Cells
 - B Cells
 - Activate Antibodies

- Adaptive Immune System
 - Remembers the Previous Antigens
 - Send Specific Attacks to Antigens

- Lymphatic System
 - Circulate Liquid Called Lymph
 - Tissues
 - Vessels
 - Nodes

Less Resilient Immune System

- Ear Infection Yearly
- Use Antibiotics At Least Once a Year
- Reoccurring Skin Issues
- Autoimmune Disease
- Susceptible to Infections
- Suffer From Colds or Flu Every Year
- Feel Tired or Exhausted Often
- Take Medications Regularly
- Live a Sedentary Lifestyle
- Experience Daily Stress
- Lack of Sleep or Insomnia
- Often Eat Out or Prepared Meals From the Store
- Smoke
- Eat Fewer Than 3 Servings of Fruits per Day
- Eat Fewer Than 3 Servings of Vegetable per Day
- Have 1–2 Alcohol Drinks per Day
- Eat Sweets Every Day
- Heart Issues

Things That Weaken the Immune System

Sedentary Lifestyle

Alcohol

Smoking

Stress

Processed Foods

Sleep Deprivation

Food to Strengthen the Immune System

Meat and Alternatives

- Brazil Nuts
 - 1 Nut Provides 55 mcg Of Selenium
- Fish
 - Tuna
 - 1 Oz Provides 30 mcg Of Selenium
 - Other Fish and Seafood
 - Contains Between 12 mcg To 20 mcg
 - Salmon
 - Contains Omega-3
- Lentils
 - 1 Cup Contains 6 mcg
- Sunflower Seeds
 - 1 Oz Contains 15 Mg of Vitamin E
- Yogurt
 - Probiotics
- Kefir
 - Probiotics

Vegetables

- Broccoli
 - 1 Serving Is 1/3 of Daily Intake for Vitamin A
 - Rich in Antioxidant Vitamins
- Carrots
 - Vitamin A, B, C and E
 - Zinc
- Garlic
 - Zinc
- Spinach
 - Vitamin C and E
- Sweet Potatoes
 - 1 Serving Is Three Times the Daily Recommendation of Vitamin A

Fruits

- Citrus Fruits
 - Lemon
 - 1 Lemon Is 50% of Daily Recommendation for Vitamin C
 - Grapefruit
 - 1 Grapefruit Is 50% of Daily Recommendation for Vitamin C

- Orange
 - 1 Orange Is 50% of Daily Recommendation for Vitamin C
- Blueberries
 - Antioxidants
- Watermelon
 - Vitamin A and C
 - Potassium
- Pomegranates
 - Antioxidants

Supplements to Support Immunity

- Selenium
 - Reduce the Presence of Viruses
 - 55 Micrograms a Day
- Vitamin E
 - Reduce the Presence of Viruses
 - Help Fight Infections
 - 15 Milligrams a Day
- Vitamin C
 - Support the Production of Antibodies
 - Support Natural Killer Cells
 - 75-90 Milligrams a Day
- Vitamin D
 - Reduce Chances of Autoimmune Disease
- Black Elderberry
 - Fight Symptoms of the Cold and Flu
 - 158 Milligrams Twice Daily
- Zinc
 - Essential to Innate and Adaptive Immune Systems

Stress Management

- Positive Attitude
- Mindfulness

Exercising and Detoxification

- Stretches
 - o Forward Fold
- Yoga
 - o Cobra Pose
 - o Legs Up the Wall
- Drink Plenty Of Fluids
- 2 To 3 Liters per Day

Adequate Sleep

- Create a Bedtime Routine
- Set a Comfortable Atmosphere
- Avoid Alcohol, Cigarettes, Caffeine and Large Meals
 - o 2 To 3 Hours Before Bed
 - o Seek the Help of an Expert

Essential Oils

- Eucalyptus Oil
 - Antibacterial
 - Antiviral
 - Antiseptic

- Lavender Oil
 - Antioxidants
 - De-Stressor
 - Kill Allergens

- Tea Tree Oil
 - Antibacterial
 - Antiviral
 - Antifungal

21-Day Plan to Supercharge the Body

- Week 1: Detoxifying the Body
 - Stay Hydrated
 - Cut Alcohol
 - Increase Vegetable Intake
 - Increase Fruit Intake

- Week 2: Calming the Mind
 - Get Some Fresh Air
 - Unplug From Electronic Devices
 - Implement a Bedtime Routine
 - Practice Mindfulness
 - Try Mindfulness Eating
 - Try Mindfulness Walking

- Week 3: Integrating Meals for the Immune System
 - Meal Preparation

Recipes to Boost the Immune System

- Breakfast
 - Blueberry Smoothie
 - Berry Parfait
- Lunch
 - Sunflower Seed Salad
 - Lentil Stew
- Dinner
 - Salmon Kabobs
 - Lemon Baked Chicken
- Snacks
 - Trail Mix
 - Curried Chickpeas