

Heal Your Hormones

5 Steps to Boost Your Immune System

Our emotions affect every cell in the body. Stress is the biggest immune suppressor. Practice these 5 steps to support your immune system.

1. **Practice an attitude of gratitude** - lowers your stress hormone = boost immune system. Improves positivity. Improves sleep, Improves physical health - less aches and pains. Lowers depression. Helps you feel motivated. Improves positivity. Increases determination, attention, enthusiasm and energy. How to practice an attitude of gratitude:
 - i. Keep a gratitude journal - List 3 - 5 things you are grateful for. Why are you grateful for this?
 - ii. Practice Opposition Thinking - turn a negative thought into a positive.
 - iii. Make this a habit.
2. **Eat for hormone balance** - Keeps stress down. Stress is an immunosuppressant. How to do this:
 - i. Include protein fat and carbs.
 - ii. Eat a high protein breakfast within 1 hour of waking.
 - iii. 3 meals. Stop eating by 7pm.
 - iv. Focus on SOUL food. Sustainable Organic Unprocessed and Local
3. **Get Restorative Sleep** - boosts our immune system.
 - i. Unmedicated sleep - no drugs.

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- ii. Go to bed by 10pm.
 - iii. Sleep for 8 hours - very immune protective.
4. **Eliminate Stressors in your life** - Pay attention to what causes stress in your body. See the Top 10 Hormone Deal Breakers for a few.
5. **Replace Missing Nutrients** - Vitamins and minerals are responsible for all the key reactions in our body. When we are deficient in those - it's a major stressor on the body. Be sure to have a therapeutic dose of these extras if you're starting to come down with something:
- i. [Zinc Supreme](#): 90mg
 - ii. [Buffered Vitamin C](#) - 1000-2000mg / 3times per day
 - iii. [Vitamin D3](#) (w/K1 & K2) - 10,000 IUs - levels between 50 - 90 on your bloodwork
 - iv. [Magnesium Chelate](#) - 400mg (2 caps) 2-3 times per day
 - v. [N-Acetyl Cysteine](#) - 1800mg 2-3x/day

How to protect yourself

1. **Gargle with Hydrogen Peroxide** - 1 part Hydrogen peroxide to 10 parts water. Gargle for 1 minute.
2. **Hydrogen peroxide** in the ears - 10 drops of undiluted for 1 -2 minutes each side if you feel you're getting a sore throat.
3. **Nasal Rinse** - by using a neti pot - ¼ cup water with 1 tsp sea salt and 3-4 drops liquid iodine.
4. **Magnesium Salts Bath** - 2- 4 cups in bath.