



PERATION

Empower

We wanted to share the top **5 NATURAL** and **DRUG-FREE** things you can do to keep your immune system strong and **EMPOWERED**.

1 Chiropractic Care

The Nervous System is the main communication and connection between Chiropractic and a vibrant immune system.

- Excessive **STRESS** (Physical, Chemical, Emotional and Mental) more than what our nervous system can handle, builds and accumulates and will create a shift in our nervous system which often leads to being **STUCK** in what we call, "Gas Pedal," (Sympathetic Dominance / Subluxation)
- Excessive **GAS PEDAL** stresses the nervous system which leads to **SUPPRESSING** the immune system (as well as digestion, reproductive and other systems of the body)
- Overtime, this leads us to be more **SUSCEPTIBLE** to illnesses of all sorts and makes it harder to overcome and rebound going through an illness which lengthens the time of the **SICKNESS**.

Chiropractic adjustments help take the STRESS off the Nervous System which improves its communication between the brain and body which in turn, helps improve the function of many vital organs and systems like the IMMUNE SYSTEM.

- 1) The adjustment **RELEASES** and **REDUCES** the built up stress and miscommunication
- 2) The Nervous System then achieves better **BALANCE**, through less **GAS PEDAL**.
- 3) The Immune System can then, function better, helping fight off illnesses and decrease the time of experiencing the illness while improving your **OVERALL HEALTH**

2 Sleep

Lack of sleep is the equivalent of being completely **STRESSED** out and we know, stress will decrease the function and power of your immune system.

Sleep helps our body's repair, reboot and clear out the toxins that accumulated for the day.

3 Nutrition

- Consume as much fresh produce and unprocessed foods
 - This is a time to experiment in the kitchen and make your own breads, meals, snacks, favorite keto friendly desserts (keto due to low sugar).
- Eliminate or reduce your added sugars, partially hydrogenated fats, trans fats, and heavily processed foods.
 - Instead of using sugar, try Stevia, Monk Fruit, Erythritol
 - Use Olive Oil, Butter/ghee (grass-fed, organic) coconut oil, lard or safflower oils to cook with
 - Consume high quality meats that are organic, pasture raised, grass-fed
 - Choose lean meats (chicken/turkey/pork) that is organic and pasture-raised
 - Choose Organic as much as possible. Less Toxins = better IMMUNE system
- Drink half your body weight in OUNCES per day

4 Movement

Take time every day to walk a minimum of 30 mins per day or perform your favorite workout 3-5 times per week. Movement helps the body release stress hormones and toxins which in result, help **BOOST** your immune system.

Supplements

- **Liposomal Vitamin C**
 - Davinici Labs
- **Vitamin D3/K2 Liquid**
 - Orthomolecular
- **Spore-Base Probiotics**
 - Microbiome Labs
- **Omega-3s (Fish Oil) TG Version**
 - Designs for Health (DFH)
- **Herbs/Other Support**
 - Organic Olive Leaf - Gaia
 - Organic Oil of Oregano - Gaia
 - Organic Elderberry - DFH, Gaia
 - Colloidal Silver - Trace Minerals
 - Raw, Local Honey
 - Manuka Honey - higher the UMF rating, the better