

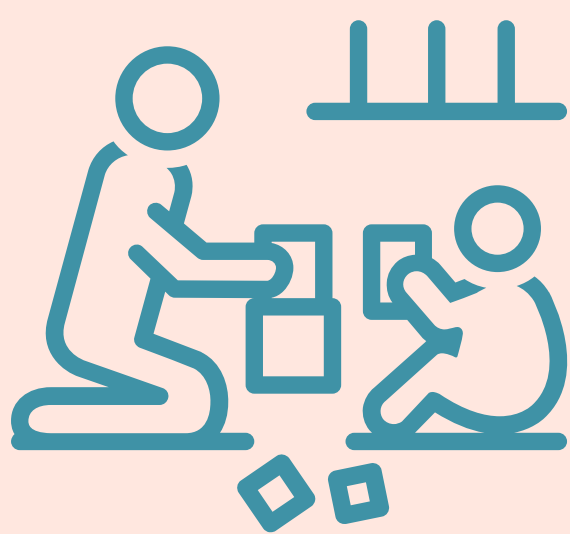
BALANCE YOUR IMMUNE SYSTEM



IMPROVE YOUR HEALTH AND QUALITY OF LIFE WITH THESE BASICS:

MOVE OFTEN

FACT: 30 minutes of movement a day has been proven to decrease risk of cardiovascular disease, type 2 diabetes, and early death.



HAVE FUN

Research shows that people who have fun on a regular basis are more productive, less irritable, and better able to cope with stress.

BREATHE DEEPLY

TRY 4-7-8 BREATHS

Instructions:

1. Breathe in through the nose for 4 counts
2. Hold the breath for a count of 7
3. Exhale through the mouth for 8 counts

(Repeat 3-4 times)



HYDRATE

HOW MUCH H2O?

For most people, the formula below can be used to establish a target # oz. water/day:

$$\frac{\text{Body weight (\# lbs)}}{2} = \text{\# ounces of water}$$

EAT NOURISHING FOODS

General guidelines to ensure you get the nutrients you need.

Eat the colors of the rainbow. Choose foods with ingredients you can say. Avoid drinking while you eat. Chew, chew, chew. Include probiotics (miso, sauerkraut, kombucha) and omega-3 fatty acids (nuts, seeds, fish). Supplement with vitamins and minerals as necessary.

Did You Know? Sleeping less than 8 hours a night has been linked to increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

GET ROUTINE SLEEP

Reviewed by Dr. Dickson Thom, DDS, ND