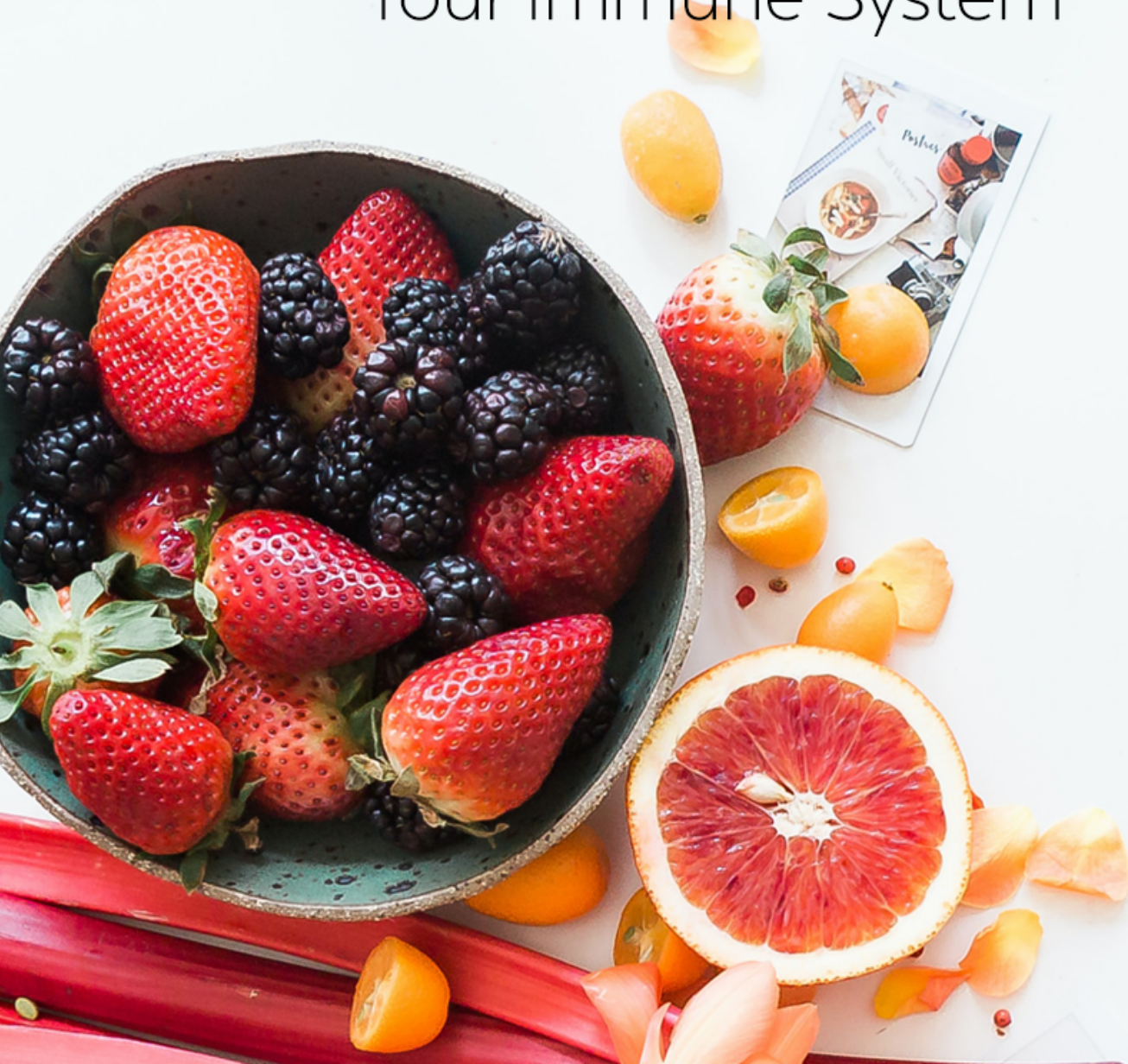


# SUPERCHARGE YOUR BODY

A Step-By-Step Plan to Boosting  
Your Immune System



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# Table of Contents

<b>Introduction.....</b>	<b>7</b>
<b>Chapter 1: The Basics of Your Immune System .....</b>	<b>9</b>
Innate Immune System .....	9
Skin .....	9
Immune Cells .....	10
Adaptive Immune System .....	11
Lymphatic System.....	12
<b>Chapter 2: Healthy Lifestyle and What to Avoid.....</b>	<b>14</b>
Sedentary Lifestyle.....	15
Alcohol .....	16
Smoking .....	16
Stress .....	16
Food to Avoid .....	16
Sleep Deprivation.....	17
<b>Chapter 3: Food to Heal.....</b>	<b>20</b>
Meat and Alternatives .....	20
Vegetables .....	22
Carrots .....	22
Garlic.....	23
Spinach .....	23
Sweet Potatoes .....	24
Fruits .....	24
Citrus Fruits.....	24
Blueberries.....	25

## SUPERCHARGE YOUR BODY

Watermelon.....	25
Pomegranates.....	25
Spices .....	26
Turmeric.....	26
Mushrooms .....	26
Reishi .....	27
Agarikon.....	27
<b>Chapter 4: Supplements for Support.....</b>	<b>29</b>
Selenium .....	29
Vitamin E.....	29
Vitamin C.....	30
Vitamin D.....	30
Black Elderberry.....	30
Zinc .....	30
<b>Chapter 5: Managing Stress in Your Life .....</b>	<b>33</b>
Adopt a Positive Attitude .....	33
Practice Mindfulness .....	34
<b>Chapter 6: Exercising and Detoxifying.....</b>	<b>36</b>
Stretch for Relaxation.....	36
Yoga for the Immune System.....	37
Detoxifying the Body .....	37
<b>Chapter 7: Sleep and Renewing the Body .....</b>	<b>40</b>
Create a Routine .....	40
Set a Comfortable Atmosphere.....	41
Avoid This .....	41
Talk to an Expert.....	42



<b>Chapter 8: Essential Oils .....</b>	<b>44</b>
Eucalyptus Oil .....	44
Lavender Oil.....	45
Tea Tree Oil .....	46
<b>Chapter 9: 21-Day Plan .....</b>	<b>48</b>
Preparation for the 21 Days .....	49
WEEK 1: DETOXIFYING THE BODY.....	49
WEEK 2: CALMING THE MIND.....	54
WEEK 3: INTEGRATING MEALS.....	63
<b>Chapter 10: Recipes to Boost Your Immune System.....</b>	<b>68</b>
Breakfast .....	68
Blueberry smoothie .....	68
Berry Parfait.....	69
Lunch .....	70
Sunflower Seed Salad .....	70
Lentil Stew .....	71
Dinner.....	72
Salmon Kabob .....	72
Lemon Baked Chicken.....	73
Snacks .....	74
Trail Mix.....	74
Curried Chickpeas .....	75
<b>Conclusion.....</b>	<b>77</b>

# INTRODUCTION



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# INTRODUCTION

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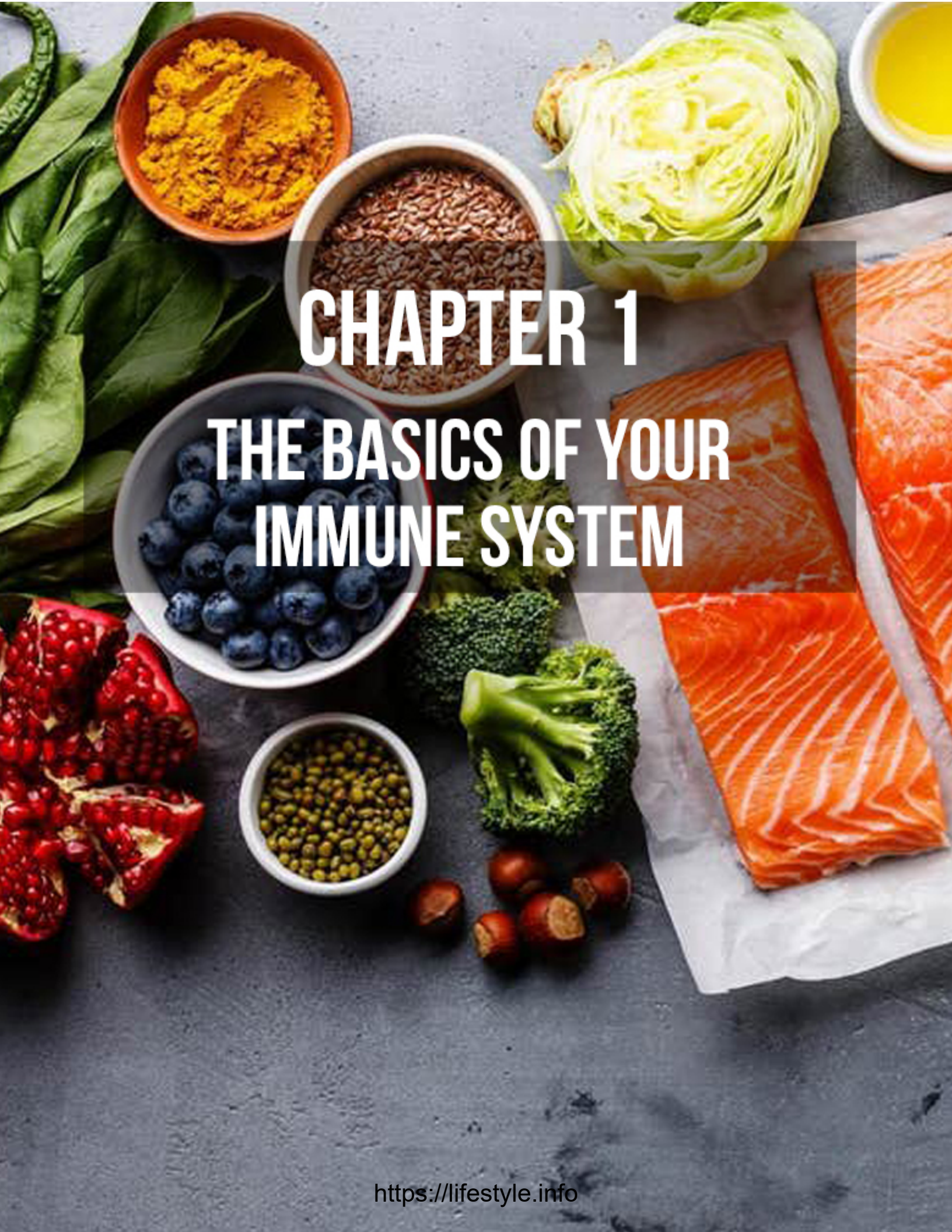
It is our understanding that many illnesses are now related to the health of our immune system. The immune system seems to be linked to so many aspects of our life. The food we eat, the quality of our sleep, and the level of stress are all things that are within our control to supercharge our body.

In the following guide, we will provide you various steps that you can implement today to strengthen your immunity. We will explore the basics of our immune system, then discuss the importance of adopting a healthy lifestyle and identify the foods you can add to your meal that will help you avoid sickness.

We will then provide you with recommendations to manage your stress and increase your exercises while removing the toxins in your body. This guide will conclude with concrete medicines, recipes, and a 21-day plan that can help you put all that you've learned into practice.

First, let's explore the world of our immune system.



A top-down view of various healthy ingredients including salmon, blueberries, broccoli, pomegranate, and spices. The ingredients are arranged on a dark grey surface. A semi-transparent white box is overlaid on the center of the image, containing the chapter title.

# CHAPTER 1

## THE BASICS OF YOUR IMMUNE SYSTEM

# CHAPTER 1: THE BASICS OF YOUR IMMUNE SYSTEM

The role of our immune system is to protect us from any foreign substance that could harm the body. These foreign substances are also known as antigens. Antigens include bacteria, viruses, parasites, and fungi. When those organisms are found in the body, they trigger the immune system, which, in return, try to destroy the antigen with various mechanisms.

Our immune system can be divided into two categories; innate and adaptive.

## Innate Immune System

The goal of the antigen is to get into the body. Our innate immune system is the first responder of our body, which includes our skin, immune system cells, and some chemicals in our blood.

### Skin

Our skin is the first line of defense, which serves as a surface barrier to stop the virus or bacteria from getting into our body. That also explains why, when we are in flu season, you see signs of washing your hands everywhere. By washing your hands, you destroy the antigen before it harms the body.

## **Immune Cells**

Immune cells are also essential components of our immune system. Some cells are more selective than others in the type of antigens they attack. The three main categories of immune cells are phagocytes, T cells, and B cells.

### **Phagocytes**

The large white cells called phagocytes are antigen eaters. They can be found in our blood and tissues. These cells are often the reason why we will notice inflammation in the body. Inflammation increases blood flow, which serves a fundamental purpose when it comes to sending immune cells in a specific area of the body. In chapter 3 of this guide, you will learn about the food that you can eat to reduce body inflammation.

### **T Cells**

T cells are there to regulate the immune cells. It can eliminate them or activate them. You might have heard of the term killer cells. That term is used to describe a type of T cell whose purpose is to kill any cells that are infected with the antigens or cells that seem abnormal.

### **B Cells**

Have you ever heard the word antibodies? B cells are responsible for activating the antibodies, a protein that destroys antigens in the bloodstream.

Now let's explore the second category of our immune system, the adaptive immune system.

## **Adaptive Immune System**

We should be very grateful for our adaptive immune system since it is the system that remembers past attacks from antigens and is triggered to combat the same antigen more effectively.

Have you ever received a vaccine? The chances are that you probably have. Vaccines will trigger your immune system to create an adaptive immune system so that when you reencounter the antigen, it's easier to fight it.

The adaptive immune system remembers the antigen and can send immune cells that will specifically attack that type of antigen. This process is why it is much quicker at resolving the issue and gives less time for the antigens to multiply in the body.

Another vital system in your body that prevents you from getting sick is the lymphatic system.



## **Lymphatic System**

The lymphatic system is composed of tissues, vessels, and nodes that allows the body to get rid of toxins, and any waste that can be harmful to the body. His role is primarily to circulate a liquid called lymph, which contains white blood cells (like T cells and B cells) in the body.

To help you increase your ability to fight antigens, let's look at habits and lifestyles you should adopt or avoid to boost your immunity.



# CHAPTER 2

## HEALTHY LIFESTYLE AND WHAT TO AVOID

## CHAPTER 2: HEALTHY LIFESTYLE AND WHAT TO AVOID

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Maintaining a healthy lifestyle is an advantage when it comes to strengthening our immune system. While most people adopt healthy behaviors when they are sick, we recommend that you try to make those recommendations a lifestyle to be able to sustain.

It is imperative to maintain a healthy lifestyle for our physical and mental health. In the next chapters, we will dive into the subject of what you can do to improve your immune system. We will look at what foods you can eat, and the changes you can make in your day to help with mental health. You will receive a 21-day plan you can implement to help you be more successful with that healthy lifestyle.

But first, let's do a little survey to assess your lifestyle and how well you do on the immune system checklist.

Check all that applies to you.

- Ear infection yearly
- Use antibiotics at least once a year
- Reoccurring Skin issues like rash or inflammation
- Autoimmune disease

- Susceptible to infections
- Suffer from colds or flu every year
- Feel tired or exhausted often
- Take medications regularly
- Live a sedentary lifestyle (do not exercise regularly)
- 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 and vegetables per day
- Have 1–2 alcohol drinks per day
- Eat sweets every day (candy, chocolate, ice cream, etc.)
- Heart issues

The more that applies to you, the less resilient is your immune system. Some of the things above are avoidable like food and drinks; some can't be changed immediately like an autoimmune disease.

Let's look at some of the things you should avoid in your life to boost your immune system and give yourself a better chance to fight illnesses caused by bacteria or viruses.

## **Sedentary Lifestyle**

A sedentary lifestyle will likely increase the cholesterol in your body. It is also connected with higher blood pressure. Since the heart and the immune system work together as a strong team against disease, it is

extremely important to keep the heart healthy. Daily exercise is very important and will be covered in more detail in chapter 6.

## **Alcohol**

Alcohol is a toxin that can cause a lot of inflammation in the body. To prevent that defense mechanism from being activated, you should avoid drinking alcohol. When you drink, you decrease your immune system's ability to fight off the harmful bacteria and put yourself at more risk of getting sick.

## **Smoking**

Smoking puts you at higher susceptibility to lung infections like pneumonia. To increase the efficiency of your immune system, you should avoid smoking at all costs.

## **Stress**

Stress is one of the biggest culprits when it comes to getting sick. Since it can be a complex issue that doesn't always have an easy solution, we will cover this subject in more detail in Chapter 5.

## **Food to Avoid**

Anything that comes in a box, in the freezer section of the store or a can, should be avoided; unless you are 100% sure that no sugar or salt is added to the food. You can change your diet to be mostly whole food (more on this in chapter 3). By cutting the processed food, reduce the chances of



inflammation in the body. You should also avoid sugar as much as you can, since it hurts your metabolism, and can cause chronic diseases like diabetes or heart problems. Chronic diseases increase your risk of getting sick from a virus.

## Sleep Deprivation



People who don't get enough sleep (7 to 9 hours per night) tend to get sicker. To ensure that your immune system is functioning optimally, you need to make sure that you get adequate sleep. Since sleep is critical to our immune system, we have dedicated a whole chapter to that subject (chapter 7).

## SUPERCHARGE YOUR BODY

Although daily stress, sedentary lifestyle, and lack of sleep are things that you can change, your best defense remains good hygiene. Limit, as much as you can, your exposure to the virus or bacteria. Let's explore what you can change today and identify the food that you can eat to help heal your body.





**CHAPTER 3**  
**FOOD TO HEAL**

## CHAPTER 3: FOOD TO HEAL

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Food is essential to our body to work optimally. We get most of the nutrients and antioxidants we need from fruits and vegetables. That said, you need to ensure that you have a diet that includes as many fruits and vegetables to get the nutrients and antioxidants that will help strengthen your immune system. That would mean a diet that contains vitamin E, vitamin D, and selenium.

These are rarely found in processed food (unless enriched), and your body has more chances of absorbing what it needs when you eat fresh whole foods. Leafy greens, nuts, citrus fruits are all excellent choices of foods that are high in nutrients and antioxidants that are known to boost your immune system.

Here's a list of food that you will want to have on your weekly grocery list.

### **Meat and Alternatives**

#### **Brazil Nuts**

Brazil nuts are at the top of our list because it is one of the most reliable sources of selenium. Selenium is a powerful antioxidant and is one of the essential minerals for our health and immunity. Just one nut can provide up to 96 micrograms (mcg), which is already above the daily recommendation. The daily intake recommendation is 55 micrograms of selenium for an adult.



## Fish



Fish and, more specifically, tuna is an excellent source of selenium. One ounce of tuna can provide around 30 mcg of selenium. Other fish and seafood are usually between 12 mcg and 20 mcg of selenium per ounce. Salmon is also a good choice to help the immune system. It contains a lot of “healthy fat” (omega-3), which is known to strengthen the immune system and reduce the risks of heart disease.

## Lentils

If you eat a vegan or vegetarian diet, lentils are a great substitute to fish. One cup of lentils can provide around 6 mcg of selenium. They are also a good source of immune-boosting nutrients, fiber, and protein.

## **Sunflower Seeds**

Sunflower seeds are very high in vitamin E. One ounce can provide 76% of your daily intake, which is 15 milligrams. Vitamin E is also a potent antioxidant like selenium, which help fight infection since it enhances the immune system.

## **Yogurt**

Since yogurt contains live culture (or probiotics), it is a great way to help us fight bacteria by bringing good bacteria in the body and help improve digestion. Kefir is also another option that brings as many benefits to our gut.

## **Vegetables**

### **Broccoli**

Most cruciferous vegetables have phytonutrients that can help boost the immune system. Broccoli is rich in antioxidant vitamins, and one serving contributes to a third of the daily intake recommended for vitamin A.

### **Carrots**

Not only does carrot contain vitamins A, B, C, and E, it also contains zinc. Zinc is known to be an essential mineral for the health of our immune system. If the body is deficient in nutrients like zinc, it weakens the immune system and makes viruses stronger.

## Garlic



Another vegetable that has a similar effect on our immune system as zinc is garlic. Garlic has the ability, according to some research, to keep a cold at bay (and maybe vampires?). Some studies even demonstrate that individuals who were living with cancer were able to boost their immune system by increasing their intake of garlic.

## Spinach

Spinach is a significant source of vitamin C but also contains vitamin E. It is essential to keep it raw to ensure that you get all the nutrients from it. You can add it to a salad or a sandwich.

## Sweet Potatoes

If you are trying to increase your intake of vitamin A, sweet potato is the one ingredient you need. One serving contains more than three times the daily recommendation of vitamin A and is also full of other good antioxidants.

## Fruits

### Citrus Fruits



Most people are aware that citrus fruits are full of vitamin C. Vitamin C is critical to the immune system. Its consumption recommendation is 75 mg

to 90 mg a day. Just add sliced lemon to your water, which will provide around 50% of the daily intake. You can also eat grapefruit or orange with your breakfast. This breakfast will be the other half of your consumption for the day.

## **Blueberries**

Berries, in general, are packed with antioxidants. Blueberries are at the top of all the fruits and vegetables for the number of antioxidants it contains. Not only does research show the power of blueberries on our immune system, but it is also linked to a lower risk of stomach fat, cholesterol, heart diseases, and cancer.

## **Watermelon**

The watermelon is also full of immune-boosting nutrients. It's an excellent source of potassium (which helps regulate the body functions), vitamin A and vitamin C.

## **Pomegranates**

Since pomegranates contain a great variety of antioxidants, it is a great choice to cover many nutrients that we need. It is known to have anti-inflammatory properties and therefore help us with immunity.



## Spices

### Turmeric



Many of you have probably heard of the benefits of turmeric. Recently, turmeric has become a popular supplement, but it is even better if you can add it as an ingredient to your recipes. Turmeric can reduce inflammation and interact as a poison for cancer cells.

## Mushrooms

Mushrooms are a type of fungus that can help stimulate the immune system. The Reishi mushroom and the Agarikon mushrooms are two

mushrooms that have been studied and show an impact on our immune system.

### **Reishi**

Studies show that the Reishi mushroom can interfere with a virus and reduce its ability to attach to our cells to multiply.

### **Agarikon**

As for the Agarikon mushroom, it has anti-inflammatory quality and can also be an antibacterial agent.

The foods recommended above are ingredients that you can add to your meals, especially when you approach the flu season. Feel free to make a salad with spinach, add some lentils and sunflower seeds. You could also make a homemade citrus dressing for it (only add orange juice to olive oil). You will also find more recipe ideas in Chapter 10.





# CHAPTER 4

## SUPPLEMENTS FOR SUPPORT

## CHAPTER 4: SUPPLEMENTS FOR SUPPORT

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We cannot ignore the importance of a healthy diet to strengthen our immune system. A diet that is rich in vitamin E and vitamin C, zinc, and selenium are most likely going to help you boost your immunity. While it is great to eat as many healing foods, it is not always possible to provide all the nutrients and antioxidants that our body needs to stay healthy. That's when supplements become a great option.

### Selenium

Not only is selenium a powerful antioxidant, but it also plays a vital role in our immune system. It is one of the essential minerals for our health. According to studies, viruses seem to thrive in an environment that is deficient in selenium, and Vitamin E. Selenium will enhance the immune system while reducing inflammation. The selenium recommendation per day is 55 micrograms a day for an adult.

### Vitamin E

Vitamin E is also a potent antioxidant like selenium. It can help fight any infection in the body since it enhances the immune system. A daily dose of 15 mg a day is what is recommended by the experts, and it is especially important as you age.

## **Vitamin C**

Vitamin C is critical to the immune system. Not only does it support the production of antibodies, but it also supports the activity of natural killer cells (NK cells). NK cells are a type of white blood cell, which is essential to the immune system. Vitamin C consumption recommendation is 75–90 mg a day. You will want to pick ascorbate-based vitamin C supplements since our body best absorbs it.

## **Vitamin D**

Vitamin D is typically provided by sunlight. Although, it can be difficult for most people to get enough vitamin D during winter. According to research, 1 person out of 2 is vitamin D deficient. A deficiency in vitamin D means that you increase your chances of getting an autoimmune disease. To prevent this from happening, you can either make an effort to get more sun exposure (while protecting your skin) or take a daily supplement.

## **Black Elderberry**

Black Elderberry is a known supplement that can help fight the symptoms of the cold and flu. It is full of antioxidants, and research has recommended a dose of around 158 mg twice daily. It's also a supplement that is used by individuals who suffer from an immune system deficiency.

## **Zinc**

According to research, the most effective supplement form of zinc is zinc acetate, which releases 100% of zinc ions. Zinc ions are essential for both immune system categories, innate and adaptive. If you cannot find zinc

acetate, you can go for the second-best recommendation, zinc gluconate, which releases 72%. The daily intake recommendation of zinc is between 8 mg (women) to 11 mg (men).

Supplements can help you sustain a more robust immune system during certain times of the year. If you choose to go this avenue, make sure to check with your doctor to know if it is safe to add them to your diet.



# CHAPTER 5

## MANAGING STRESS IN YOUR LIFE





## CHAPTER 5: MANAGING STRESS IN YOUR LIFE

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Stress is a significant contributor to illnesses. One person out of three reports feeling very stressed in their daily life, which tends to put us at risk of activating harmful viruses that may be in our system. When we experience stress, we harm our body's ability to fight antigens with antibodies. Daily stress and stressful situations can be very detrimental to our immune system.

They have found ways to change their perspective to be less reactive about various situations that may arise. The more stress reduction activities you can bring in your life, the stronger your immune system will become. If you are interested in doing so, here are a few suggestions to consider.

### **Adopt a Positive Attitude**


According to studies across the world, positivism is a trait that increases your health and reduces your chances of being sick from a virus. Not only is the immune system of optimistic people more robust, but they also show signs of being healthier in general. Whatever happens around you, you always have a choice of how you respond to that situation. You either see it with half-full glass or half-empty glass. An excellent way to start improving your attitude is to focus on gratitude. Finding things that you are grateful for will help you see the best in everything. You can do so by writing in a journal the daily gratitude that you want to express.

## Practice Mindfulness



To manage your tensions, you can adopt a new perspective on life by adding a mindfulness practice. Mindfulness is the ability to stay in the present moment and stop worrying about the past or the future. Less mental stress also means less physical stress and give more power to your immune system.

During the 21-day plan, you will have a whole week dedicated to managing your stress; you will learn concrete activities or exercises you can add to your day to help you feel calmer.

A group of people in a gym are using resistance bands for exercise. The foreground shows a person in a red shirt pulling a green band. In the background, other people in purple shirts are also using bands. The scene is brightly lit, suggesting a gym or studio environment.

# CHAPTER 6 EXERCISING AND DETOXIFYING

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## CHAPTER 6: EXERCISING AND DETOXIFYING

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Based on recent research, exercising can be beneficial to the immune system as we age. According to studies, daily activity can strengthen the immune system across the lifespan. Another interesting finding is that not only does frequent exercise boost our immunity, it also seems to delay its aging. Allowing us to maintain an optimal immune system as we grow older. Daily exercise can be as simple as a 20 to 30-minute walk. You can also add yoga or Pilates to your routine.

### **Stretch for Relaxation**

Since the body immunity respond better when the body is relaxed (as mentioned in the previous chapter), it is only logical to help the body relax with stretches. Stretches like the forward fold can boost the immune system by bringing blood flow into your sinuses and release its congestion. Stretches can be done in the morning and in the evening; you only need a few minutes of stretches for your body to benefit.



## Yoga for the Immune System




Yoga is not only a great way to move the body, but it also has some known benefits to our immunity. Try the Cobra pose for three deep breaths to stimulate the thymus for the growth of T-cells. The Legs up the Wall position can also help the body relax by encouraging blood circulation, lymph drainage (see the lymphatic system in chapter 1) and relax and reset the nervous system.

## Detoxifying the Body

While exercising can help the body rid itself of toxins, drinking plenty of fluids will also help your body flush the toxins like bacteria that could cause sickness. Water is essential in the process of detoxification. 75% of people are dehydrated consistently, and that's probably one of the main reasons why most of us get sick or don't recover fast from illnesses. Water is critical to

flush any toxins from our body. If we don't have enough water, we can't get rid of the toxins fast enough. Toxins can be in the form of viruses or bacteria. Drinking plenty of water can fight off infection. You can start increasing your water consumption by always having a bottle with you that you can refill. It is recommended to get around 2 to 3 liters of water per day.

While moving the body is beneficial, drinking water and staying hydrated can have a significant impact on your immune system.

A bedroom scene featuring a bed with white linens, a vase of white hydrangeas and green berries, and a candle jar on a wooden table. The candle jar is labeled 'MIDWEST CAMPFIRE' and 'VEGAN SOY CANDLE'.

# CHAPTER 7

## SLEEP AND RENEWING THE BODY

# CHAPTER 7: SLEEP AND RENEWING THE BODY

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Sleeping is, by far, one of the best remedies to help the immune system fight off any disruptive bug in your body. Sleep is crucial for the body's production of cytokines. Cytokine is a protein that reduces inflammation and infection in the body.

Sleep is critical to ensure a healthy immune system that is always ready to fight any bacteria and viruses. The recommended sleep hours are seven to nine hours per night to rest and regenerate the body adequately. If some days you are unable to get the recommended dose of sleep, try to do one or two naps of 30 minutes during the day. If you don't get enough sleep, your immune system can't function optimally. Here are a few ideas to help you improve your sleep.

## **Create a Routine**

It is proven that a routine will trick your body into falling asleep at a specific time. Try to observe yourself, is there a time when you are tired? If so, make sure you go to bed before that time. Create a routine that allows you to complete everything before that time and go to bed. You can also set an alarm that will tell you that it's time to prepare yourself for bedtime. That way, you are less likely to forget what time it is and be more successful at implementing a routine. A bedtime ritual is an excellent addition to your



schedule. A good bedtime ritual is one that allows you to relax, disconnect from the stress of life, and slowly tell your body that it is time to shut down.

## **Set a Comfortable Atmosphere**

It might be time to look at your bedroom and try to find ways to improve the atmosphere for a good night's sleep. Don't underestimate the comfort of your bed and pillow and the power of fresh linen. If you are uncomfortable, you will likely have a hard time falling asleep or staying asleep. Another aspect of comfort is the temperature of the room and the level of noise around. Try sleeping with a fan on or a white noise machine. Having a constant sound in the room could help you maintain your sleep. If you like essential oils, try a drop of lavender on your pillow, this will help the brain relax. Are there electronics that make it bright at night, like the light on a laptop charger or your alarm clock? Make sure that you can remove the light and make the space dark for sleep. Also, consider moving the TV in your bedroom. The TV will stimulate you instead of encouraging sleep.

Reducing the use of devices will probably be the most challenging thing to do but the most effective, which is to turn off any electronics 1 hour before bedtime. Spend the last hour doing something calming and relaxing.

## **Avoid This**

Avoid any alcohol, cigarettes, caffeine, or a large meal from 2–3 hours before you go to bed.

## **Talk to an Expert**

If you've tried all those recommendations and you are still struggling with sleep, it might be a good idea to consult your doctor or a sleep expert.



# CHAPTER 8 ESSENTIAL OILS

## CHAPTER 8: ESSENTIAL OILS

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While you've learned about supplements in chapter 4, there are other ways that natural medicine can be helpful in boosting your immune system.

Aromas from essential oils can help you boost your immunity and prevent illnesses while eliminating antigens. The three oils that we will present to you in this section are eucalyptus oil, lavender oil, and tea tree oil.

### **Eucalyptus Oil**

Eucalyptus is known to help to fight the common cold and respiratory issues. You can use it in a diffuser to help clear the breathing airways, or you can also add a couple of drops to your bathwater. This oil is also a great antibacterial, antiviral, and antiseptic. Eucalyptus oil is also known to stimulate the immune system. Although, like many oils, you have to be careful about how to use them. In this case, Eucalyptus oil is not recommended for infants and pregnant women.



## Lavender Oil



Lavender is a very gentle oil but very powerful at the same time. You can use it in a diffuser to help kill allergen in the air and bring a fresh scent to your home. It will also help you relax. It is a known fact that stress is a significant factor in disturbing our immune system health. Sleep is also essential to fight off infection and illnesses, place a drop of lavender oil on your pillow to improve your sleep. Finally, lavender is a powerful oil in which antioxidants help the body protect the cells from toxins.

## Tea Tree Oil

Tea tree is a great oil that does so many things. It's an antibacterial, antiviral and antifungal. There are different ways to use this oil. For example, you can place it directly on a wound to avoid infection, but make sure to mix it with a base oil before applying it. It is also an excellent oil for house cleaning, mix it with baking soda and sprinkle on your carpet. Leave it on for a few minutes and then vacuum to remove allergens.

Essential oils are a wonderful addition to your immune system, always make sure to research the oil that you will utilize to ensure its safe use. That said, do not place the pure oil directly on the skin as it can irritate it. If you want to apply it on the skin, it is better to mix it with a base oil base like Jojoba or Grapeseed oil. A great way to use them is to place them in a diffuser or put a few drops in the bathwater to help with the respiratory system and relaxing.

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# CHAPTER 9 21-DAY PLAN

## CHAPTER 9: 21-DAY PLAN

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The following plan is to help you build a healthier lifestyle that can help you maintain a robust immune system. The 21 days are divided in three weeks, and each week, you will add a little something to help you build on your new healthy lifestyle.

Before you start this plan, ask yourself how ready you are to make that lifestyle change. Your motivation to change will be the number one reason if you can maintain the 21-day plan.

Answer the following questions to assess your change readiness.

On a scale of 1 to 10 (1 being not motivated, 10 being highly motivated), how motivated are you to disconnect from the digital world?

1    2    3    4    5    6    7    8    9    10

If your answer was below 10, what would help you move one score higher? In other words, what would make you more motivated to change?



## Preparation for the 21 Days

To set yourself up for success, identify a time when you want to start. Make sure that you have conducive conditions for 21 days.

My start date will be:

\_\_\_\_\_.

Now that you have a start date hold yourself accountable, and make sure to mark it on your calendar. If you live with other people, try to get them to participate with you, the more, the merrier (or, the easier).

Now get ready, it's time to supercharge your body!

## WEEK 1: DETOXIFYING THE BODY

This week is all about resetting your body. It will help you can feel great by the end of the three weeks.

Every day this week, you will start and end your day with 15 minutes of stretches. You can pick any stretch that you want but try to include forward fold to help circulate the blood in your body.

Each day, we will have some guidelines to help you release the toxins of your body. Let's start with our first day.

## **DAY 1: STAY HYDRATED**

Today, you will monitor your intake of water. You can download an app that will calculate that for you, or you can simply mark it down on a whiteboard or a journal.

Your goal will be to drink 2 liters of water, which is about eight glasses of water. You can get a reusable water bottle to help you make the calculation. If 2 liters is easy peasy for you, bring it up to 3 liters.

Don't forget to do your 15 minutes of stretches in the morning and evening.

Day 1—Amount of water intake: \_\_\_\_\_

For the remainder of the week, you will consume 2–3 liters of water per day.

## **DAY 2: CUT ALCOHOL**

Today, you will start cutting alcohol from your diet and won't consume any for the rest of the 21-day plan.

Make sure to get 2–3 liters of water intake and also complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_

### DAY 3: MORE VEGETABLES

Pick 2 or 3 of the following vegetables you would like to include in your meal today:

<input type="checkbox"/> Spinach	<input type="checkbox"/> Garlic
<input type="checkbox"/> Carrots	<input type="checkbox"/> Sweet Potato
<input type="checkbox"/> Broccoli	

Once you've picked your vegetable(s), make sure to have at least two servings of it in your day.

Make sure to get 2–3 liters of water intake and also complete your 15 minutes stretches in the morning and evening. And don't cheat, no alcohol for the next three weeks.

Today's water intake is: \_\_\_\_\_

### DAY 4: MORE FRUITS

Pick 1 or 2 of the following fruits you would like to include in your meal or snack today:

SUPERCHARGE YOUR BODY

<input type="checkbox"/> Watermelon <input type="checkbox"/> Pomegranates <input type="checkbox"/> Blueberries <input type="checkbox"/> Orange <input type="checkbox"/> Mandarin	<input type="checkbox"/> Strawberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Lemon <input type="checkbox"/> Grapefruit <input type="checkbox"/> Pomelo
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Once you've picked your vegetable(s), make sure to have at least one serving of each in your day.

Pick 2 or 3 of the following vegetables you would like to include in your meal today:

<input type="checkbox"/> Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic <input type="checkbox"/> Sweet Potato
---	--

Once you've picked your vegetable(s), make sure to have at least two servings of it in your day.

Make sure to get 2–3 liters of water intake and complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_



## DAY 5 TO DAY 7: STOCK UP

For the next three days, you will be doing exactly like yesterday. The only exception is that you will add one more vegetable and one more fruit to your day.

Pick 2 or 3 of the following fruits you would like to include in your meal or snack today:

<input type="checkbox"/> Watermelon	<input type="checkbox"/> Strawberries
<input type="checkbox"/> Pomegranates	<input type="checkbox"/> Raspberries
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Lemon
<input type="checkbox"/> Orange	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Mandarin	<input type="checkbox"/> Pomelo

Once you've picked your vegetable(s), make sure to have at least two servings of each in your day.

## SUPERCHARGE YOUR BODY

Pick 3 or 4 of the following vegetables you would like to include in your meal today:

<input type="checkbox"/> Spinach	<input type="checkbox"/> Garlic
<input type="checkbox"/> Carrots	<input type="checkbox"/> Sweet Potato
<input type="checkbox"/> Broccoli	

Once you've picked your vegetable(s), make sure to have at least three servings of it in your day.

Make sure to get 2–3 liters of water intake and complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_

## WEEK 2: CALMING THE MIND

Last week was more about working on your physical body. This week, we will bring more focus on healing the mind and reduce the stress in your life. Although we will continue building on the foundation, we set last week, which means to eat our vegetables and fruits, stretching twice a day and drinking plenty of water.

### DAY 8: GET SOME FRESH AIR

## SUPERCHARGE YOUR BODY

They say that nature is healing; it is a place where you can find peace and relaxation. Today, we aim to do approximately 30 minutes of outdoor activity. It could be walking, running, gardening, or even hiking. Pick something you will enjoy.

Besides, continue eating 2–3 fruit and 3–4 vegetables from the list below.

Pick 2 or 3 of the following fruits you would like to include in your meal or snack today:

<input type="checkbox"/> Watermelon	<input type="checkbox"/> Strawberries
<input type="checkbox"/> Pomegranates	<input type="checkbox"/> Raspberries
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Lemon
<input type="checkbox"/> Orange	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Mandarin	<input type="checkbox"/> Pomelo

Once you've picked your vegetable(s), make sure to have at least two servings of each in your day.

## SUPERCHARGE YOUR BODY

Pick 3 or 4 of the following vegetables you would like to include in your meal today:

<input type="checkbox"/> Spinach	<input type="checkbox"/> Garlic
<input type="checkbox"/> Carrots	<input type="checkbox"/> Sweet Potato
<input type="checkbox"/> Broccoli	

Once you've picked your vegetable(s), make sure to have at least three servings of it in your day.

Make sure to get 2–3 liters of water intake and complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_

### **DAY 9: UNPLUG**

Our devices can be so detrimental to our state of mind and tend to pull the energy out of us. Today, let's do a social media detox. You will leave your phone and smartwatch behind for 1 hour and get some fresh air. Chose to play mini-golf, cycle, or walk. Pick something that will occupy your mind for an hour. The more the activity is enjoyable for you, the less likely are you going to realize that you don't have your phone.

Also, continue eating 2–3 fruit and 3–4 vegetables from the list below.



## SUPERCHARGE YOUR BODY

Pick 2 or 3 of the following fruits you would like to include in your meal or snack today:

<input type="checkbox"/> Watermelon	<input type="checkbox"/> Strawberries
<input type="checkbox"/> Pomegranates	<input type="checkbox"/> Raspberries
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Lemon
<input type="checkbox"/> Orange	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Mandarin	<input type="checkbox"/> Pomelo

Once you've picked your vegetable(s), make sure to have at least two servings of each in your day.

Pick 3 or 4 of the following vegetables you would like to include in your meal today:

<input type="checkbox"/> Spinach	<input type="checkbox"/> Garlic
<input type="checkbox"/> Carrots	<input type="checkbox"/> Sweet Potato
<input type="checkbox"/> Broccoli	

Once you've picked your vegetable(s), make sure to have at least three servings of it in your day.

Make sure to get 2–3 liters of water intake and complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_

## **DAY 10: BEDTIME ROUTINE**

Today is the day that we change your bedtime routine to bring adequate sleep for the rest of the 21-day plan. You will set a bedtime routine that doesn't include screen time. Thirty minutes to an hour before bed, you will turn off all devices and start a new bedtime routine.

During that time, you can:

- Prepare your immune booster lunch for work tomorrow;
- Read (not on electronics);
- Take a bath with essential oils;
- Write in a journal;
- Make tea and drink it in silence;
- Meditate;
- Do your stretches;
- Or any other activity that doesn't require you to be in front of a screen and can help you relax.

Maintain that bedtime routine of no screen time 30 minutes to an hour before bed for the rest of the 21 days.

Continue eating 2–3 fruit and 3–4 vegetables from the list below.

## SUPERCHARGE YOUR BODY

<input type="checkbox"/> Watermelon <input type="checkbox"/> Pomegranates <input type="checkbox"/> Blueberries <input type="checkbox"/> Orange <input type="checkbox"/> Mandarin	<input type="checkbox"/> Strawberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Lemon <input type="checkbox"/> Grapefruit <input type="checkbox"/> Pomelo
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<input type="checkbox"/> Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic <input type="checkbox"/> Sweet Potato
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Make sure to get 2–3 liters of water intake and complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_

### **DAY 11: PRACTICE MINDFULNESS**

Today, you are going to explore the world of mindfulness. Try mindfulness breathing by taking three deep breaths.

- Breathing in through the nose
- Breathing out through the mouth
- Repeat two more times

Redo this mindfulness breathing a few times during your day to make it a total of 5 mindfulness breathing activities.

## SUPERCHARGE YOUR BODY

Maintain the bedtime routine of no screen time 30 minutes to an hour before bed for the rest of the 21 days.

Continue eating 2–3 fruit and 3–4 vegetables from the list below.

<input type="checkbox"/> Watermelon <input type="checkbox"/> Pomegranates <input type="checkbox"/> Blueberries <input type="checkbox"/> Orange <input type="checkbox"/> Mandarin	<input type="checkbox"/> Strawberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Lemon <input type="checkbox"/> Grapefruit <input type="checkbox"/> Pomelo
--	---

<input type="checkbox"/> Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic <input type="checkbox"/> Sweet Potato
---	--

Make sure to get 2–3 liters of water intake and complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_

### **DAY 12: MINDFULNESS EATING**

Today, you will eat without your device and will bring your awareness to your eating. Every bite you take, place the utensils down on the table and appreciate the taste of the food. It won't be easy at first, especially if you are hungry, but with practice, it becomes a habit.



SUPERCHARGE YOUR BODY

How did you experience this activity?

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Maintain the bedtime routine of no screen time 30 minutes to an hour before bed for the rest of the 21 days.

Continue eating 2–3 fruit and 3–4 vegetables from the list below.

<input type="checkbox"/> Watermelon <input type="checkbox"/> Pomegranates <input type="checkbox"/> Blueberries <input type="checkbox"/> Orange <input type="checkbox"/> Mandarin	<input type="checkbox"/> Strawberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Lemon <input type="checkbox"/> Grapefruit <input type="checkbox"/> Pomelo
--	---

<input type="checkbox"/> Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic <input type="checkbox"/> Sweet Potato
---	--

Make sure to get 2–3 liters of water intake and complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_

**DAY 13 & DAY 14: MINDFULNESS WALKING**

Today and tomorrow, you will pay attention to every step you take, slow down your pace, and feel your feet touching the ground. Observe how it feels to walk and also really focus on placing your heel, foot, and toes down on the ground for every step.

How does it feel to slow down the pace of your walk?

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Maintain the bedtime routine of no screen time 30 minutes to an hour before bed for the rest of the 21 days.

## SUPERCHARGE YOUR BODY

Continue eating 2–3 fruit and 3–4 vegetables from the list below.

<input type="checkbox"/> Watermelon <input type="checkbox"/> Pomegranates <input type="checkbox"/> Blueberries <input type="checkbox"/> Orange <input type="checkbox"/> Mandarin	<input type="checkbox"/> Strawberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Lemon <input type="checkbox"/> Grapefruit <input type="checkbox"/> Pomelo
--	---

<input type="checkbox"/> Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic <input type="checkbox"/> Sweet Potato
---	--

Make sure to get 2–3 liters of water intake and complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_

### WEEK 3: INTEGRATING MEALS

For the last week of your 21-day plan, we will start implementing meals that will be beneficial to your body. You can find the recipes in the next chapter (chapter 10).

#### Day 15 - DAY 21: MEAL PREPARATION

## SUPERCHARGE YOUR BODY

Each day this week, you will make 1–2 recipes from chapter 10. It can be a snack, breakfast, lunch, or dinner recipe. You can even do more if you would like to!

Add an activity that will help you release your stress; it could be mindfulness breathing or mindfulness walking during your grocery shopping as long as the exercise allows you to stay in the present moment for a minimum of 5 minutes.

Maintain the bedtime routine of no screen time 30 minutes to an hour before bed for the rest of the 21 days.

Continue eating 2–3 fruit and 3–4 vegetables from the list below.

<input type="checkbox"/> Watermelon <input type="checkbox"/> Pomegranates <input type="checkbox"/> Blueberries <input type="checkbox"/> Orange <input type="checkbox"/> Mandarin	<input type="checkbox"/> Strawberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Lemon <input type="checkbox"/> Grapefruit <input type="checkbox"/> Pomelo
--	---

<input type="checkbox"/> Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic <input type="checkbox"/> Sweet Potato
---	--

SUPERCHARGE YOUR BODY

Make sure to get 2–3 liters of water intake and complete your 15 minutes stretches in the morning and evening.

Today's water intake is: \_\_\_\_\_

**DAY 22: SUCCESS**

YOU DID IT!

YOU'VE COMPLETED THE 21-DAY PLAN!

What have you learned during this journey? How do you feel?

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How can you implement what you've learned in your daily life? How can you maintain all the great progress you've accomplished so far?

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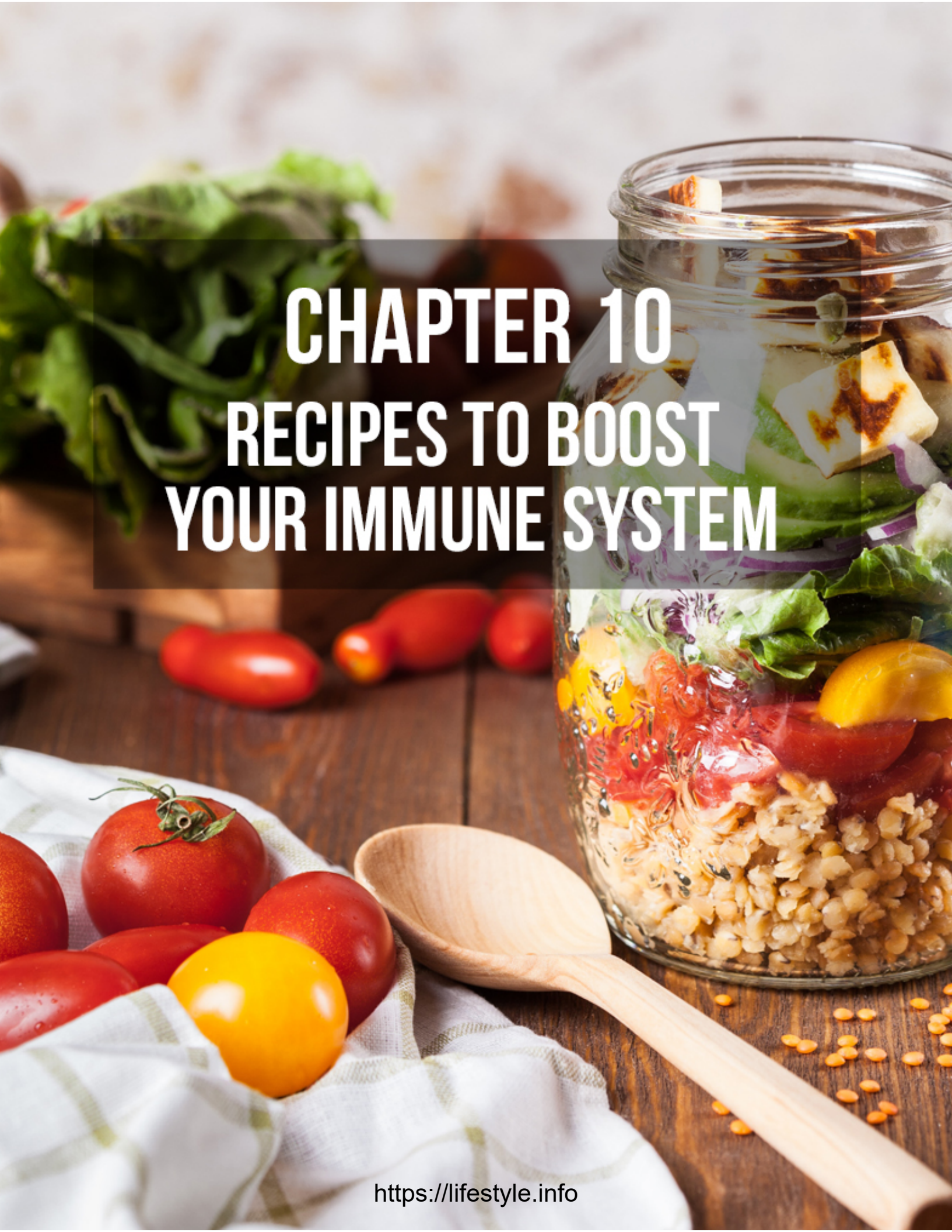
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## SUPERCHARGE YOUR BODY

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A glass jar filled with a layered salad of lentils, tomatoes, cucumbers, and cheese, sitting on a wooden table with fresh vegetables and a wooden spoon.

# CHAPTER 10

## RECIPES TO BOOST YOUR IMMUNE SYSTEM

## CHAPTER 10: RECIPES TO BOOST YOUR IMMUNE SYSTEM

### Breakfast

Breakfast recipes can be as simple as eating a fruit salad, fruit juices, or fruit smoothies. Here are a few other ideas.

#### Blueberry smoothie

*2 servings*

#### Ingredients

- ½ cup of plain kefir (or replace with yogurt)
- ½ cup of plain yogurt
- 1 cup of blueberries
- ½ cup of other berries (blackberries, strawberries, raspberries, etc.)
- 1 tablespoon of sunflower seeds
- 1 Brazil nut, slice (optional)
- 4–6 ice cubes

#### Instructions

Place all the ingredients in the blend in the order listed except for the ice cubes. Pulse a few times, then add one ice cube at a time, pulsing 4–6 times in between. Blend until smooth and serve.

## Berry Parfait

*1 serving*

### Ingredients

- ½ cup of plain yogurt
- 1 teaspoon of honey
- ½ teaspoon of ground cinnamon
- ½ cup of blueberries
- ½ cup of blackberries
- 1 tablespoon of sunflower seeds

### Instructions

In a bowl, start with the plain yogurt, add the honey and ground cinnamon on top. Add the berries and seeds. Enjoy!

## Lunch

### Sunflower Seed Salad

*2 servings*

#### Ingredients

##### *Salad*

- 1 cup of broccoli, cut
- ½ cup of sunflower seeds
- 2 carrots, julienne
- 1 red Bell pepper, diced
- 1 cucumber, diced
- 6 cups of spinach

##### *Dressing*

- 2/3 cup of olive oil
- Juice of 1 lemon
- 1 garlic clove, minced
- 1 teaspoon of Dijon mustard
- 1 tablespoon of honey

#### Instruction

*Salad:* Toss all the ingredients in a large bowl. And serve with dressing.

*Dressing:* Mix all the ingredients in a mason jar, close the jar, and shake for about 1 minute. Serve on the salad.

## Lentil Stew

This delicious lentil recipe is going to get you back on your feet in no time if you are feeling a bit sick. It's also a good recipe to help reduce inflammation in your body.

*4 servings*

### Ingredients:

- 1 tbsp of coconut oil
- 1 onion, diced
- 3 garlic cloves, minced
- ½ cup of celery, diced
- 2 carrots, diced
- 1 tablespoon of ginger, minced
- 1 teaspoon of turmeric
- 1 teaspoon of curry powder
- ½ teaspoon of cumin powder (or seeds)
- 2 ½ cups of vegetable stock
- 1 cup of green lentils
- Salt and pepper to taste (optional)

### Instructions

In a large pot or Dutch oven, sauté onions, garlic, celery, carrots, and ginger in the coconut oil over medium heat for 4 minutes (or until onions are soft). Then add the turmeric, curry, and cumin. Stir constantly and sauté for 2 minutes. Add the vegetable stock and lentils. Bring to a boil. Reduce heat, cover, and simmer for 45 minutes (or until lentils are soft). Add the salt and pepper to taste at the end (optional).



## Dinner

### Salmon Kabob

This delicious recipe is perfect to practice mindfulness eating.

*4 servings*

#### Ingredients

- ¼ cup of olive oil
- Juice of 1 lime
- Zest of 1 lime
- 2 garlic cloves, minced
- 2 tablespoons of fresh parsley
- 2 tablespoons of fresh oregano
- A pinch of salt
- ¾ lbs salmon, cut in 1 1/2 in cubes
- 8 skewers (if wood, soak in water for a minimum of 30 seconds before use)

#### Instructions

Preheat the oven to 375 F. In a large bowl, mix all the ingredients except the salmon. Then add the salmon and marinate in the refrigerator for 10 minutes. Once completed, place the salmon on the skewers and place the salmon skewers on a broiler pan. Bake for 10 minutes, turn the skewers halfway, and bake for another 10 minutes. Serve with your favorite vegetables like steamed broccoli or sweet potatoes and rice.

## Lemon Baked Chicken

A simple recipe for a busy day!

*4 servings*

### Ingredients

- Juice of 2 lemons
- 2 tablespoons of olive oil
- 2 tablespoons of pepper (or lemon pepper)
- ½ teaspoon of turmeric
- ½ teaspoon of salt
- 6–8 chicken thighs, boneless and skinless

### Instructions

Preheat the oven at 350 F. In a large bowl, mix all ingredients except chicken. Then dip the chicken in the marinade and place on a lightly oiled baking sheet. Pour the remainder of the liquid on the chicken. Bake for 30 minutes or until the chicken is fully cooked. Serve with your favorite vegetable and rice.

## Snacks

Snacks can be as easy as fruit, nuts, or vegetables. Also, you can try some of our favorite snack recipes below.

### Trail Mix

*4 servings*

#### Ingredients

- 2–4 Brazil nuts
- 1 cup of almonds
- 1 cup of sunflower seeds
- ½ cup of dried dates (no sugar added)
- ½ cup of raisins
- ½ cup of dried berries (blueberries, goji, or strawberries)

#### Instruction

Mix and divide in 4 servings.

## Curried Chickpeas

Chickpeas are an excellent source of zinc. A cup can give you 25% of your daily intake recommendation.

*4 servings*

### Ingredients

- 1 can (15 oz) chickpeas, rinsed and drained
- 1 tablespoon of olive oil
- 2 teaspoons of curry
- 1 teaspoon of cumin
- 1 teaspoon of turmeric
- 1 teaspoon of salt

### Instructions

Preheat the oven at 400 F. Once the chickpeas are rinsed, pat them dry with a paper towel. In a medium bowl, mix the oil with all the spices. Add the chickpeas and stir until well coated. Place the chickpeas on a baking sheet and bake for 40 minutes (watch once they turn golden, they are ready). Serve immediately for maximum crispiness!



A close-up photograph of a dark brown ceramic bowl filled with food. The bowl contains a generous portion of bright green, curly lettuce leaves. Above the lettuce is a layer of cooked chickpeas, which are light brown and glistening. To the right of the lettuce is a thick slice of avocado, garnished with several small, reddish-brown seeds. The background is a plain, light-colored surface.

# CONCLUSION

## CONCLUSION

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Anyone can work at building their immune system and increase their chances of staying healthy during a flu season or when confronted with bacteria.

As you have learned from this guide, we stand more chances of fighting illness by eating certain foods, maintain a healthy body with exercise, and reduce the stress in our life.

You also have the opportunity to improve your sleep, which will help the body fight infection.

As you have probably noticed during your 21-day plan, you end up having more energy to do the things you love. Keeping your body healthy has many perks!

If you can, try to maintain this lifestyle throughout the year, as it will help you build a resilient immune system that can withstand antigens. Not only do you stand more chances of staying healthy, but it also helps you recover faster if you do find yourself ill.