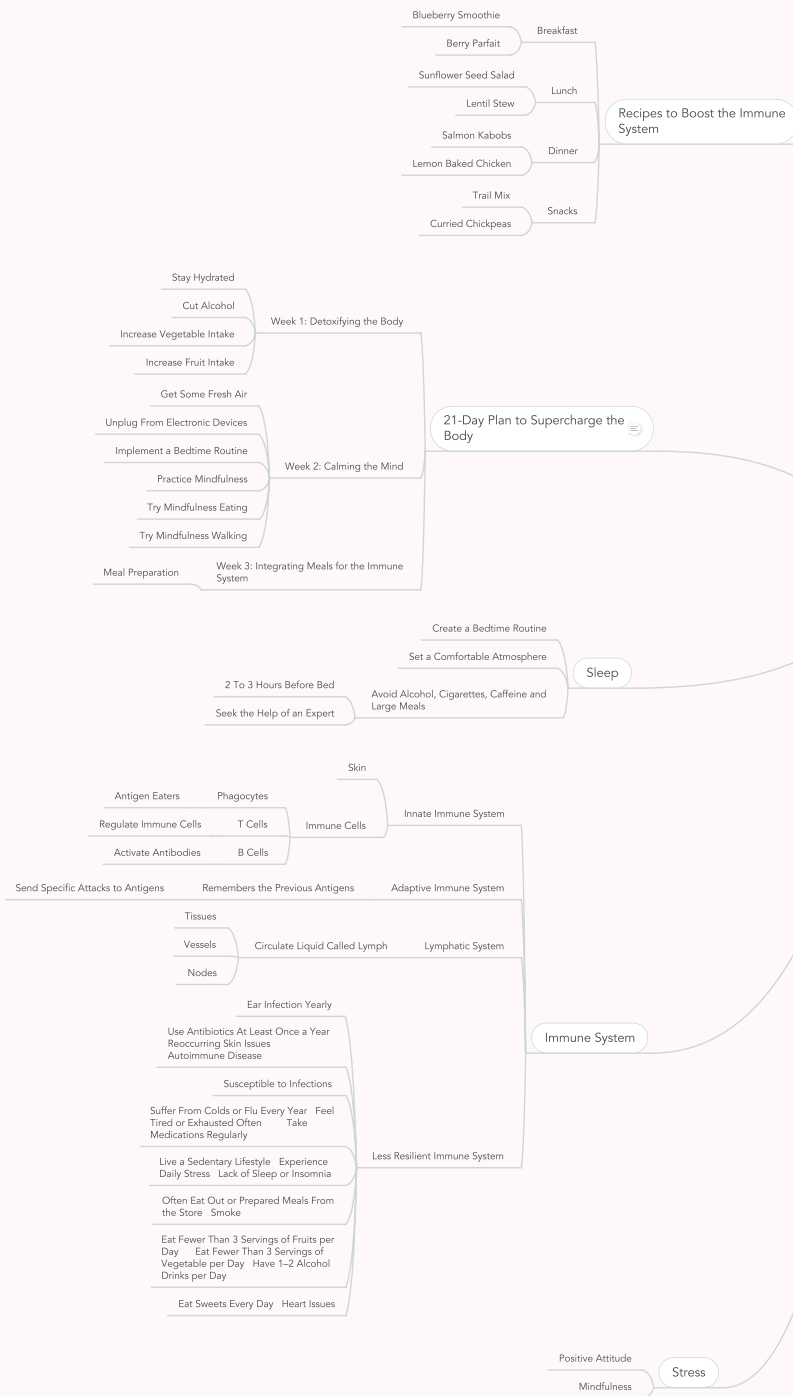
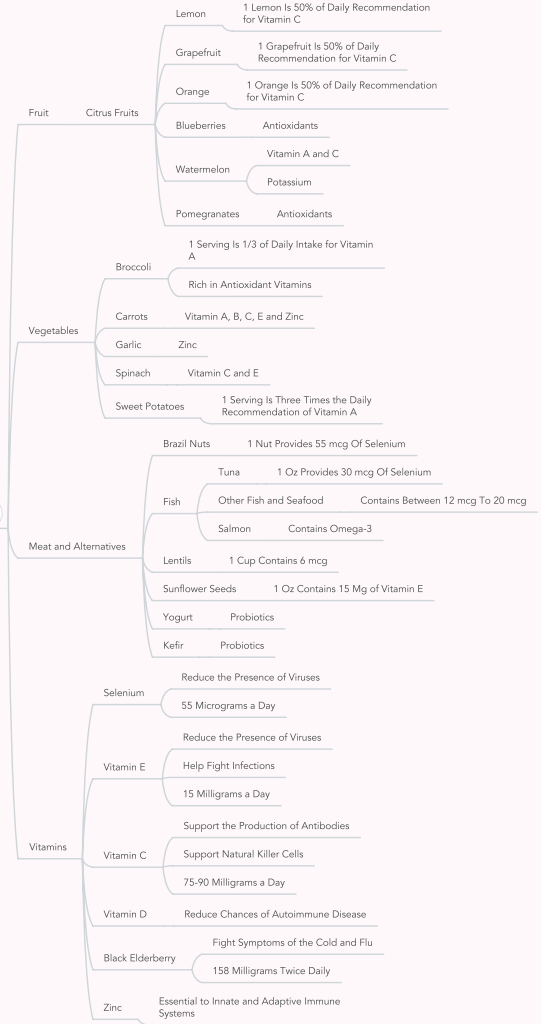


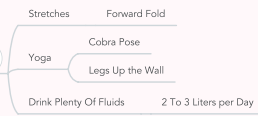
# SUPERCHARGE YOUR BODY



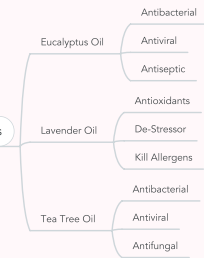
## Food



## Exercise



## Essential Oils



# **SUPERCHARGE YOUR BODY**

## **1. Food**

### 1.1. Fruit

#### 1.1.1. Citrus Fruits

##### 1.1.1.1. Lemon

1.1.1.1.1. 1 Lemon Is 50% of Daily Recommendation for Vitamin C

##### 1.1.1.2. Grapefruit

1.1.1.2.1. 1 Grapefruit Is 50% of Daily Recommendation for Vitamin C

##### 1.1.1.3. Orange

1.1.1.3.1. 1 Orange Is 50% of Daily Recommendation for Vitamin C

##### 1.1.1.4. Blueberries

1.1.1.4.1. Antioxidants

##### 1.1.1.5. Watermelon

1.1.1.5.1. Vitamin A and C

1.1.1.5.2. Potassium

### 1.1.1.6. Pomegranates

#### 1.1.1.6.1. Antioxidants

## 1.2. Vegetables

### 1.2.1. Broccoli

1.2.1.1. 1 Serving Is 1/3 of Daily Intake for Vitamin A

1.2.1.2. Rich in Antioxidant Vitamins

### 1.2.2. Carrots

1.2.2.1. Vitamin A, B, C, E and Zinc

### 1.2.3. Garlic

1.2.3.1. Zinc

### 1.2.4. Spinach

1.2.4.1. Vitamin C and E

### 1.2.5. Sweet Potatoes

1.2.5.1. 1 Serving Is Three Times the Daily Recommendation of Vitamin A

## 1.3. Meat and Alternatives

### 1.3.1. Brazil Nuts

1.3.1.1. 1 Nut Provides 55 mcg Of Selenium

1.3.2. Fish

1.3.2.1. Tuna

1.3.2.1.1. 1 Oz Provides 30 mcg Of Selenium

1.3.2.2. Other Fish and Seafood

1.3.2.2.1. Contains Between 12 mcg To 20 mcg

1.3.2.3. Salmon

1.3.2.3.1. Contains Omega-3

1.3.3. Lentils

1.3.3.1. 1 Cup Contains 6 mcg

1.3.4. Sunflower Seeds

1.3.4.1. 1 Oz Contains 15 Mg of Vitamin E

1.3.5. Yogurt

1.3.5.1. Probiotics

1.3.6. Kefir

### 1.3.6.1. Probiotics

## 1.4. Vitamins

### 1.4.1. Selenium

1.4.1.1. Reduce the Presence of Viruses

1.4.1.2. 55 Micrograms a Day

### 1.4.2. Vitamin E

1.4.2.1. Reduce the Presence of Viruses

1.4.2.2. Help Fight Infections

1.4.2.3. 15 Milligrams a Day

### 1.4.3. Vitamin C

1.4.3.1. Support the Production of Antibodies

1.4.3.2. Support Natural Killer Cells

1.4.3.3. 75-90 Milligrams a Day

### 1.4.4. Vitamin D

1.4.4.1. Reduce Chances of Autoimmune Disease

#### 1.4.5. Black Elderberry

1.4.5.1. Fight Symptoms of the Cold and Flu

1.4.5.2. 158 Milligrams Twice Daily

#### 1.4.6. Zinc

1.4.6.1. Essential to Innate and Adaptive Immune Systems

## **2. Exercise**

### 2.1. Stretches

2.1.1. Forward Fold

### 2.2. Yoga

2.2.1. Cobra Pose

2.2.2. Legs Up the Wall

### 2.3. Drink Plenty Of Fluids

2.3.1. 2 To 3 Liters per Day

## **3. Essential Oils**

### 3.1. Eucalyptus Oil

3.1.1. Antibacterial

3.1.2. Antiviral

3.1.3. Antiseptic

3.2. Lavender Oil

3.2.1. Antioxidants

3.2.2. De-Stressor

3.2.3. Kill Allergens

3.3. Tea Tree Oil

3.3.1. Antibacterial

3.3.2. Antiviral

3.3.3. Antifungal

## **4. Stress**

4.1. Positive Attitude

4.2. Mindfulness

## **5. Immune System**

5.1. Innate Immune System

5.1.1. Skin

5.1.2. Immune Cells

### 5.1.2.1. Phagocytes

#### 5.1.2.1.1. Antigen Eaters

### 5.1.2.2. T Cells

#### 5.1.2.2.1. Regulate Immune Cells

### 5.1.2.3. B Cells

#### 5.1.2.3.1. Activate Antibodies

## 5.2. Adaptive Immune System

### 5.2.1. Remembers the Previous Antigens

#### 5.2.1.1. Send Specific Attacks to Antigens

## 5.3. Lymphatic System

### 5.3.1. Circulate Liquid Called Lymph

#### 5.3.1.1. Tissues

#### 5.3.1.2. Vessels

#### 5.3.1.3. Nodes

## 5.4. Less Resilient Immune System

### 5.4.1. Ear Infection Yearly



5.4.2. Use Antibiotics At Least Once a Year Reoccurring Skin Issues Autoimmune Disease

5.4.3. Susceptible to Infections

5.4.4. Suffer From Colds or Flu Every Year Feel Tired or Exhausted Often Take Medications Regularly

5.4.5. Live a Sedentary Lifestyle Experience Daily Stress Lack of Sleep or Insomnia

5.4.6. Often Eat Out or Prepared Meals From the Store Smoke

5.4.7. 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

5.4.8. Eat Sweets Every Day Heart Issues

## **6. Sleep**

6.1. Create a Bedtime Routine

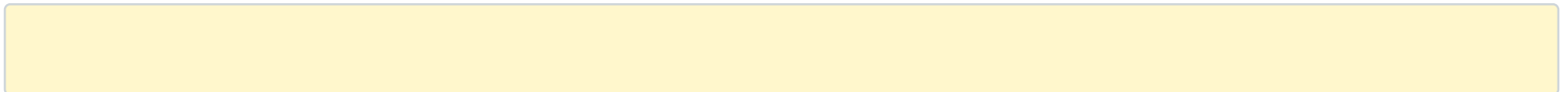
6.2. Set a Comfortable Atmosphere

6.3. Avoid Alcohol, Cigarettes, Caffeine and Large Meals

6.3.1. 2 To 3 Hours Before Bed

6.3.2. Seek the Help of an Expert

## **7. 21-Day Plan to Supercharge the Body**



## 7.1. Week 1: Detoxifying the Body

7.1.1. Stay Hydrated

7.1.2. Cut Alcohol

7.1.3. Increase Vegetable Intake

7.1.4. Increase Fruit Intake

## 7.2. Week 2: Calming the Mind

7.2.1. Get Some Fresh Air

7.2.2. Unplug From Electronic Devices

7.2.3. Implement a Bedtime Routine

7.2.4. Practice Mindfulness

7.2.5. Try Mindfulness Eating

7.2.6. Try Mindfulness Walking

## 7.3. Week 3: Integrating Meals for the Immune System

7.3.1. Meal Preparation

# **8. Recipes to Boost the Immune System**

## 8.1. Breakfast

8.1.1. Blueberry Smoothie

8.1.2. Berry Parfait

8.2. Lunch

8.2.1. Sunflower Seed Salad

8.2.2. Lentil Stew

8.3. Dinner

8.3.1. Salmon Kabobs

8.3.2. Lemon Baked Chicken

8.4. Snacks

8.4.1. Trail Mix

8.4.2. Curried Chickpeas