

Strengthen Your Immune System!

- Get 8 hours of sleep
 - Rest is vital to our immune system. If you short change your body on rest, it will short change you on wellness!
- Balanced Nutrition
 - Eat 3-6 balanced meals per day
 - Eat as much organic as possible. Wash all fruit/veggies with Basic H (available from Anke), whether organic or not
 - Low fat, stay away from artificial/synthetic/hydrogenated fats. Use REAL butter, olive oil, canola oil
 - High fiber. Whole grain breads (such as “Nature’s Bakery” brand or “Silly Yak Bakery” on Mineral Point Rd.)
 - Balanced protein/complex carbohydrates, cut out simple carbohydrates as much as possible. Don’t eat any “white” foods i.e. white flour, white sugar, white pasta, etc.
 - Use **NO** artificial sweeteners. Use raw or brown sugar, honey, real maple syrup, and molasses
 - Avoid additives in food. Look at a more natural option when available (for example, Annie’s macaroni and cheese instead of Kraft)
 - Drink at **LEAST** 8 glasses of purified water per day
- Wash hands often. Just use regular soap or a soap free cleanser and sing “row, row, row your boat” (to yourself) as you wash☺
- Decrease your exposure to pollutants that you CAN control
 - Chemicals on/in foods
 - Air purification
 - Drink pure water. Get a water purification system because it’s much cheaper and better than bottled water (you know what you’re getting)
 - Non toxic cleaners and laundry products
 - Non toxic personal care and makeup
- Supplement for optimal immune system nutrition, we can’t get everything we need from our food.
 - A multivitamin and protein supplement daily
 - Set up a personal nutritional consultation to tailor your specific nutritional needs to you!
 - If you do catch a cold or flu, allow the fever to do its job as long as it doesn’t go above 103 degrees for Children, 100 degrees for adults.
- Good, positive attitude

- Surround yourself with positive people
- Read and practice motivating books/articles/newsletters
- Meditate and/or do yoga
- Give YOURSELF some quality time doing something that YOU like to do
- Smile

- Set Realistic Goals to attain better health
 - “Baby steps” to insure success
 - Keep the ultimate goal in mind so you can strive for it **WITHIN TIME!**
 - Be easy on yourself. We have enough stress in our lives, make this a fun, encouraging venture for YOU and your health.

- Exercise
 - 30 minutes of moderate exercise daily. Can be walking, dancing, going up stairs, etc. Just 30 minutes of moving at a brisk pace is enough.
 - Avoid strenuous exercise (hard running (distance and pace), strenuous weight lifting, etc) if you feel a little under the weather. Instead, do some moderate exercise that “feels right” and take the day to rest.
 - Incorporate yoga into your routine for stretching as well as lymphatic drainage to aid in natural immune building.
 - Consider incorporating meditation into your routine once per week, for as little as 15 minutes. It rejuvenates, and helps decrease your stress level which gives your body the strength it needs to overcome and fight off illness!

- Take it Lightly
 - Don’t be too serious. Most of us are rushed and stressed in this quick pace world. Take the time to enjoy the day and life’s little pleasures.
 - “Isn’t that interesting!” Use this phrase when things don’t go your way. Allow yourself to stand back a moment and reflect on what just happened, and then proceed. This allows us to be less reactionary, and creates less stress. Plus, you may be surprised to find that you are able to look at the world in a whole new way that benefits you!

*For more information contact:
Anke Johnson
608-438-2229
info@naturalsolutionsbyanke.com*