



Immune Support Checklist

Live your healthiest life, naturally

www.warmwellness.com

About Me

Hi, I'm Angela Warm

As a Certified Health Coach, public speaker, wife, mother of two, activist, and avid essential oil user, I know a thing or two about supporting your immune system naturally.



As a scientist, I have always been curious about the root cause of issues. That is why I went back to school to study natural health for my family. What I learned, I couldn't keep to myself.



Important Disclosure

As a Certified Health Coach, helping you find simple and sustainable solutions to your health concerns is my main priority. Together we develop a customized plan specific to your health goals. So you can focus your time and energy on the more important things in life.



Introduction

Love Your Gut"

Think of your immune system like protective body armor that keeps the outside threats from entering your body. We tend to not pay much attention to the system until something penetrates through a crack in the armor and we start to feel a bit ill. We then realize how much we depend on this protective layer.

The good news is that there are ways to keep that protective layer, aka your immune system in check. This includes not just avoiding destructive habits, stressors, and toxins, but by embracing natural immune boosters and adopting behaviors that support immunity.

Did you know that 75% of our immune system lies within our digestive system? This means it is pretty important to keep your digestive system working optimally by putting healthy things inside of it.

Read on for more immune tips!

Checklist #1

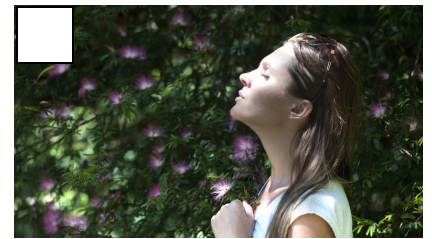
Tips for optimal immune system



Wash Your Hands
Often and preferably
with a non
antibacterial soap



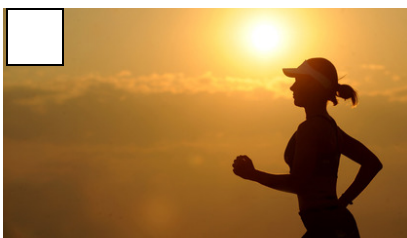
Vitamin D - whether it is
natural sunshine, an
artificial lamp, liquid or
supplement, Vitamin D is
crucial to maintain a
healthy immune system



Fresh air - The indoor
air quality of our
homes is critical to
our well being. Open a
window for at least 10
minutes a
day. Keeping
everything closed up
is not good. Improve
air quality with indoor
plants and a diffuser
with high quality
essential oils



Sleep - getting 7 - 8 hours
of quality sleep is
imperative for your
immune system to
function well. Have a
good bedtime routine,
drink calming tea, diffuse
relaxing essential oils and
cut back on screen time
and caffeine long before
bedtime hours. And stop
staying up so late!



Exercise - 3 - 5x's a week
find something that
increases your heart rate,
preferably something
you enjoy doing so you
keep doing it, Exercise
benefits your mood, your
sex drive and your
overall health

Checklist #2

Tips for optimal immune system



Stay Hydrated - even in the winter months your body needs lots of water, preferably fresh non carbonated, non caffeinated, non sugar water.



Reduce consumption of sugar and processed food - these are known to disrupt our good gut bacteria. Keep it clean since 75% of our immune system lies in our gut



Eat the Rainbow - Eat lots of leafy greens and fresh fruit. Try to get 5 servings of each a day. Add spinach to your eggs, add a salad to your main dish



Add fermented foods such as kombucha, kefir, kimchi and sauerkraut. These contain good probiotics which are good for your gut and in turn support a healthy immune system



Reduce toxic chemicals in your home by incorporating Essential Oils as part of your skin care and cleaning routine. Your health and wallet, as well as the planet will thank you

