

Keep your notes here...



Immune System 101

NOTES + SHOPPING LIST

Make a list of things we discuss and how you can use them.

What I have...

What do you already have? How will you use it?



What I want...

What will be in your next order?



5 MAJOR WAYS TO SUPPORT YOUR

Immune System

1

Herbs



2

Foods



3

Essential Oils



4

Supplements



5

Lifestyle



Immune System 101

THE BODY'S NATURAL DEFENDER

5 Major Ways to Support Your Immune System

1 Herbs



echinacea



elderberry



ginseng

2 Foods



- bone broth
- ginger
- green tea
- foods high in vitamin C
 - citrus fruits
 - bell peppers

- foods high in beta-carotene
 - carrots
 - pumpkin
 - sweet potatoes
 - kale
 - apricots
 - spinach
 - collard greens



3 Essential Oils

Here are some of the top immune-supporting & cost-effective oils to try:

- Cilantro Vitality
- Clove Vitality
- Cumin Vitality
- Lavender Vitality
- Lemon Vitality
- Nutmeg Vitality
- Orange Vitality
- Oregano Vitality
- Rosemary Vitality
- Tangerine Vitality
- Thieves Vitality
- Thyme Vitality



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5 Major Ways to Support Your Immune System

4

Supplements

Young Living supplements are backed by a Seed to Seal quality commitment and infused with premium essential oils to increase their bioavailability in the body.

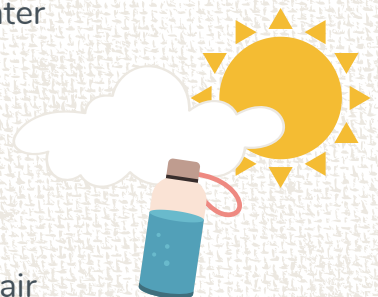
- **Life 9** - is a highly potent probiotic with 17 billion live cultures from nine beneficial bacteria strains to support healthy immune function, maintain optimal metabolism, and promote normal intestinal function
- **Super Vitamin D** - supports the body's respiratory system, immune system, bone growth, and hormone production with vegan-friendly vitamin D and a blend of premium essential oils
- **Master Formula** - a full-spectrum supplement that provides vitamins and minerals that can help support bone density and health, brain function, cellular protection, digestive health, energy levels, eye health, heart health, immune support, and skin health
- **Super C** - supports normal immune, respiratory, and circulatory function with vitamin C, rutin, citrus bioflavonoids, minerals, and an array of premium essential oils



5

Lifestyle

- **manage your stress**
 - > stimulate the vagus nerve
 - >> gargle water, hum, sing, meditate, get adjusted by a chiropractor, laugh, exercise, or immerse your face in cold water
- **get quality sleep**
 - > at least 7 hours a night
- **consider your water and air quality**
 - > drink filtered water and go outside to breathe in fresh air



5 SUPPLEMENT TO SUPPORT YOUR

Immune System



1

2

3

4

5

ADD PRODUCTS YOU NEED TO YOUR SHOPPING LIST.

5 ACTIONS WHEN *Illness Strikes*

1

2

3

4

5

ADD PRODUCTS YOU NEED TO YOUR SHOPPING LIST.

Immune System 101

THE BODY'S NATURAL DEFENDER

Wellness Tea



- 1-2 drops Thieves Vitality
- 1-2 drops Lemon Vitality
- Honey to taste
- 6-8 oz. hot water; tea bag optional

Heat water (or brew tea) to your liking. Add essential oils and honey. Stir well and enjoy!



Elevated Elderberry Syrup



- ¼ c dried elderberries
- ¼ c Young Living NingXia wolfberries
- 1-4 cinnamon sticks
- 3 c distilled water
- ½ c local or raw honey
- 2 drops each - Lemon, Orange, Thieves, Copaiba Vitality

Bring water, elderberries, wolfberries, and cinnamon sticks to a rapid boil then simmer for 30-40 minutes, stirring occasionally. Cool, strain into a 16 oz. glass jar, then add honey and essential oils to taste. Store in the refrigerator.

Suggested Use: Adults take 1 TBSP per day. Increase to every 2-3 hours when you need an extra boost. Children 1-9 years take ½ -1 tsp per day. Not for children under 1 year.



Thieves Throat Spray



- 1 oz. Thieves Fresh Plus Essence Mouthwash
- 5 drops Copaiba Vitality
- 5 drops Thieves Vitality
- 3 drops Orange Vitality

Add ingredients to a 2 oz. spray bottle and top with distilled water. Shake before each use. Spray to the back of the throat 2-3 times as needed.



Immune System 101

PLAN:

TAPE INSIDE BATHROOM CABINET

1

NOW - support the system

These things I will begin to incorporate now to boost my well-time immunity.



2

PLAN for Illness

Here is what I will tap into if there is illness in the house OR I am feeling it!



30-DAY SUPPLEMENT TRACKER

M T W T F S S

NOTES