

# 8 SIMPLE THINGS

## We Can ALL Do to IMPROVE OUR OVERALL HEALTH and STRENGTHEN OUR IMMUNE SYSTEM

**To protect ourselves from severe symptoms, or death, from covid or any, *otherwise potentially life threatening* pathogens, in our future.**

Because I love myself ...

- 1. Relaxation.** Practicing breathwork (essentially being mindful, throughout our day, to Breathe ... Slower and Deeper) to activate the relaxation response and keep every cell, tissue and organ in the body sufficiently oxygenated (to function, “error” free, as nature intended). This includes All things a person can do to reduce stress responses in their lives ... including forgiveness (ourselves and others), lifestyle change, moving to a new city, "divorcing" people or situations that create the opposite of calm in our life, etc.
- 2. Hydration** (Ensure we're drinking enough to have pale yellow to clear urine)
- 3. Removing Sugar From Our Diet** (or at least reducing it). The suppression of the immune system starts as soon as 30 minutes after the consumption of sugar and can last up to five hours.
- 4. Nutrition** (more plant based foods ... think vegetables, beans, nuts and seeds)
- 5. Exercise** 30min/day (among other things, to retain full lung function and activate the lymphatic system in order to get toxins out of our body)
- 6. Sufficient Sleep** (ideally 7-8 hours)
- 7. Key Vitamins and Minerals** Vitamin C, esp. Vitamin D from the sun (5-30 min a day, depending on complexion, time of day and time of year), Vitamin E, Zinc, Magnesium and Calcium.
- 8. Laughter/Joy.** Any way you can get it in ... daily.

From ...

The “Vaccine” of the Happy, Healthy Human Immune System

<https://link.medium.com/WTsXUr4HA5>



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