

# IMMUNE BOOSTING 101



## 1. Prioritize Sleep

When we skimp on sleep, our entire body suffers as it has no time to repair and recuperate. Try these tips for better sleep:

- >Turn off electronics 2 hours before bed
- >Wear blue-light blocking glasses at night
- >Eat PFC balanced meals (see below)
- >Journal, take a bath, and relax before bed

By forming a sleep routine, you'll set yourself up for a good night's rest!

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## 2. Eat Real, Whole Food

Real, whole foods provide us with the macro AND micronutrients we need to stay healthy. Forming our meals in a PFC template is the best way to go:

- >Pick your protein - beef, chicken, pork, turkey, seafood, whole eggs
- >Pick your healthy fat - olive oil, avocado oil, coconut oil, real butter, olives, avocado, raw nuts, no sugar/oil added nut butter, full fat dairy (if tolerated)
- >Pick your carbohydrates - load up on ALL the veggies!
- >Add starchy veggies (potatoes, sweet potatoes) and fruit as needed

Use this template to build your plate at each meal with real, whole foods, and your body will thank you! Need help? Try Personal Prep Meal Prepping (step 6)

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## 3. Reduce & Manage Stress

Stress weakens our body and leaves us vulnerable to getting sick. Finding ways to manage stress that work for you are essential:

- >Distance yourself from social media or the news
- >Get outside!
- >Journal or pray
- >Exercise and move your body
- >Deep belly breathing
- >Practice gratitude

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## 4. Get Outside + Vitamin D

We all need time in nature and exposure to the sun, not only for vitamin D, but also to keep us grounded!

-->If this isn't an option, supplementing with a high quality vitamin D supplement is crucial to staying and remaining healthy

-->If you are interested in ordering my favorite liquid form vitamin D, please email [oborer@synergylincoln.com](mailto:oborer@synergylincoln.com). This form is mixed with sesame seed oil for high absorption rates



## 5. Focus on Gut Health

Our gut is the home of our immune system, so if our gut is off, our immune system is weakened. Use these tips to keep your gut in tip-top shape:

-->Eat real, whole foods and focus on broth-based soups and stews (or use Personal Prep for easy meals - see below)

-->Consume probiotic-rich foods like raw, fermented vegetables and kombucha

-->Reduce and manage stress

-->Prioritize sleep

-->Remove excess process foods, refined grains, sugar, artificial sweeteners, and vegetable oils



## 6. Make Life Easy with Personal Prep!

Don't have time or the desire to cook healthy, PFC balanced meals? Personal Prep is here to help with grain, dairy, and sugar free meals that taste amazing and keep you healthy and strong!

You pick the meals, I do the shopping and prepping, and deliver meals that are ready to be cooked or reheated.

Full menu and ordering details: [oliviaborer.com/personal-prep](http://oliviaborer.com/personal-prep)