

COMMUNITY IMMUNITY

5-DAY CHALLENGE GUIDE TO IMPROVING **IMMUNE HEALTH**



TURN YOUR REGULAR ROUTINE INTO AN IMMUNE BOOSTING MACHINE!

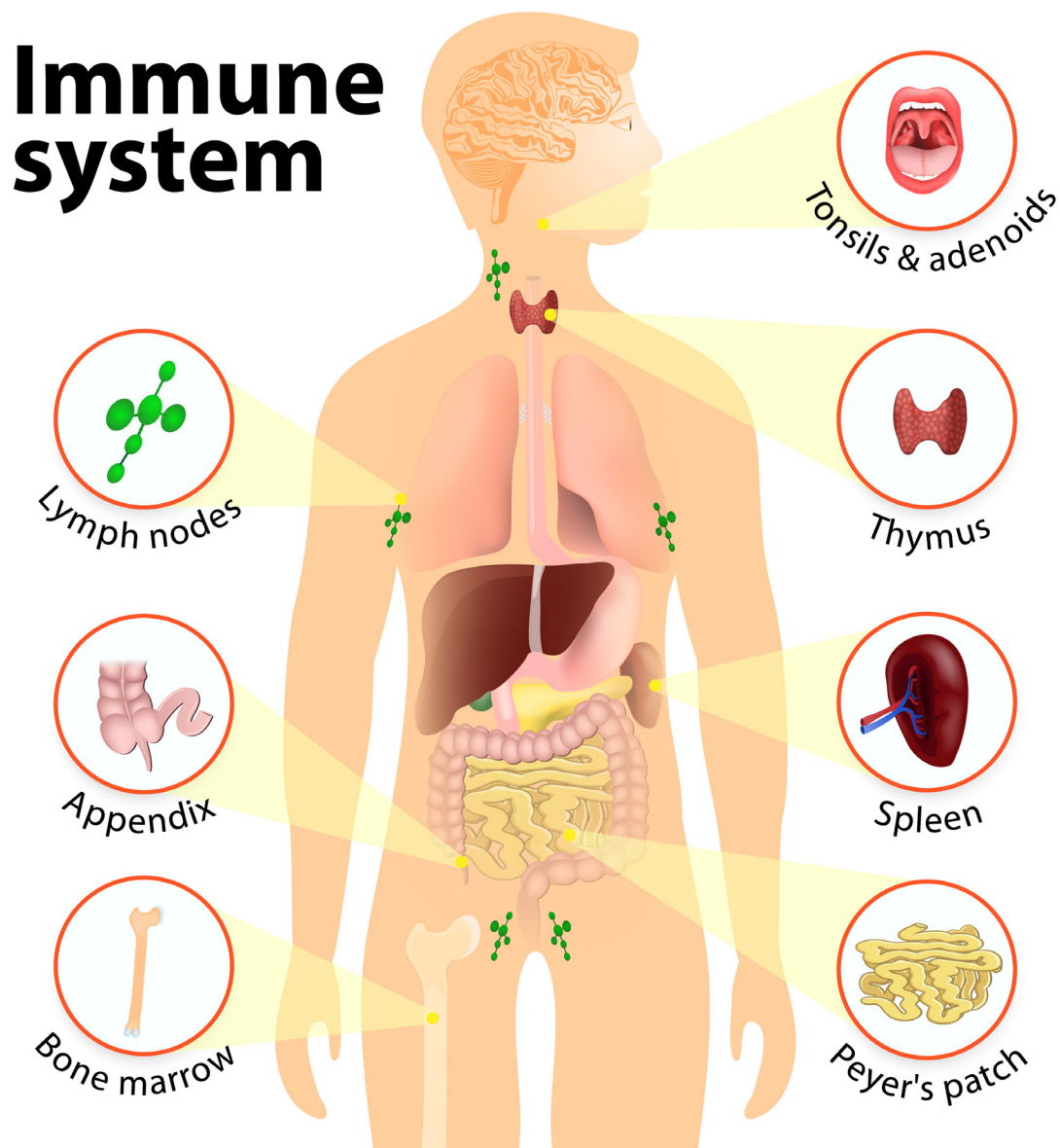
Disclaimer: All information provided is for educational purposes only. It is not meant to substitute for the advice provided by your own physician or other medical professional. You are encouraged to consult with your health care provider prior to engaging in any protocols or consuming any supplements. None of the statements here are a recommendation as to how to treat any particular disease or health-related condition. If you suspect you have a disease or health-related condition of any kind, you should contact your health care professional immediately.

UNDERSTANDING YOUR IMMUNE SYSTEM:

The immune system is a network of cells, tissues and organs that work together to defend the body against attacks by “foreign” invaders. Think of it like your personal security guard team protecting you when you need help.

The typical “foreign” invaders are primarily microbes (germs)—tiny, infection-causing organisms such as bacteria, viruses, parasites, and fungi. Because the human body is a good “host” for many microbes, they try to break in. It’s the immune system’s job to keep them out or to seek and destroy them if these germs find their way in.*

It works by igniting a “fire” to provoke inflammation to fight off the invasion. For example, let’s say you cut your hand, you’ve probably noticed the area gets red and inflamed before it heals. This is your immune system sending out the guards to help defend you.



WHAT HAPPENS WHEN THINGS GO WRONG?

If your immune system kicks into action too often to fight unknown predators, you may get conditions like allergies, asthma, or eczema.

Imagine if unknowingly, you're doing things everyday that are activating this protective system and it's getting overused or confused. It causes inflammation throughout the body and starts depleting your resources leading to a weakened system. You can compare it to firemen having to put out a fire over and over again.

Over time, your system can't keep up with the demand and sometimes even gets confused and starts attacking your own tissues and organs. This is the case in autoimmune diseases like Hashimoto's, Rheumatoid Arthritis and even Celiac.

There are many internal and external triggers that can be causing an inflammatory response and weakened immune system.

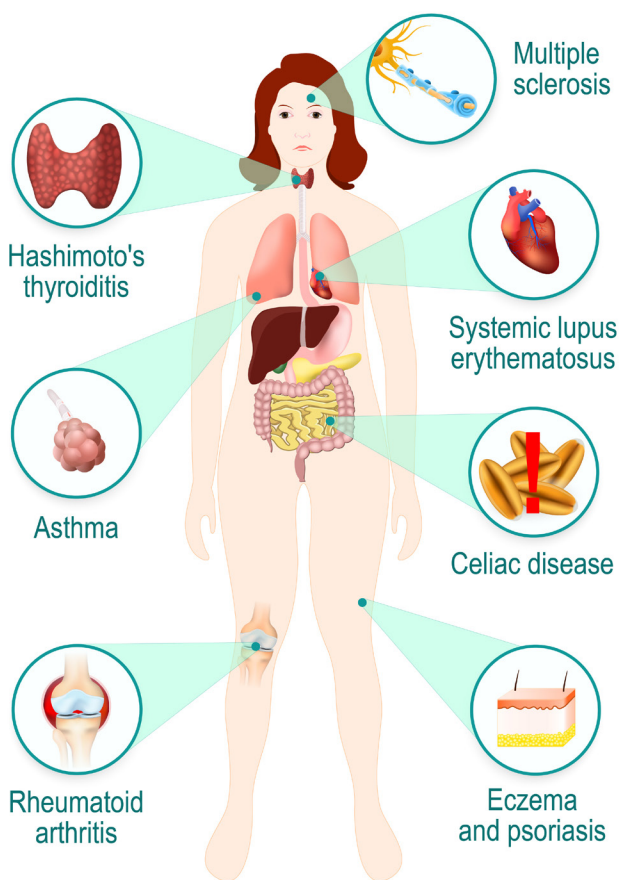
These are some of the top triggers:

- ➔ Poor diet
- ➔ Not enough sleep
- ➔ Sedentary lifestyle
- ➔ Stress
- ➔ Hidden infections like parasites, bacteria and fungus
- ➔ Toxins from foods, the environment, beauty and cleaning products

For example, when it comes to diet—if you eat a food and you get an inflammatory reaction where you get chronic pain, swelling, headaches or you get some kind of symptom, chances are your immune system had an exaggerated response to that food.

The health of your gut is also closely related to your immune system because 70% of your immune system resides in your digestive tract. When your gut health is not balanced, you're not absorbing critical nutrients that your body needs for optimal health.

AUTOIMMUNE DISEASES



WHY IS THIS SO IMPORTANT TO UNDERSTAND?

Setting yourself up to bounce back from things you can't control like viruses and infections starts by creating healthy habits and optimal gut health.

When you understand the main factors that influence immunity BEFORE you get sick, you can build strength and resilience to support your health for the long haul.

Research has shown that changing simple lifestyle factors can help improve your overall health and immune system.

“Our health is not a forgone conclusion. **Our health is in our control. Our choices**—when we eat, what we eat, how we move, how we sleep, who we surround ourselves with—work together to build a lifestyle, and it is this lifestyle, the sum of our choices, that sets the stage for health, vitality, and longevity.” —*Frank Lipman, MD*



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CHANGE LIFESTYLE HABITS TO IMPROVE YOUR HEALTH

What Areas Can You Improve?

Balance is hard. Do you notice certain areas of your life get more attention while others feel like they're lacking. We get it! It's completely normal.

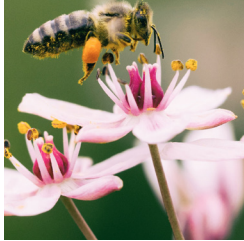


How are you feeling about your nutrition, gut health, mindset, stress management, movement regimen, sleep, and exposure to toxins in your environment? Do any of these need more attention than others?

Try pausing to bring awareness into the areas that feel like they need a little attention, make a plan and take action. Remember small steps over time equal big results.

IMMUNE BOOSTING HABITS YOU CAN START TODAY

Here are some healthy habits you can start today that will make a big difference in your overall health and wellness:



Get More Fresh Air

Vitamin D helps boost your immune system and you can absorb more of this essential nutrient through your skin with sun exposure. Try to get more fresh air each day. Maybe walk your dog instead of letting her out in the backyard, sip your morning tea or coffee and/or enjoy your lunch outside, play with your kids and go for a long walk or hike on the weekends.



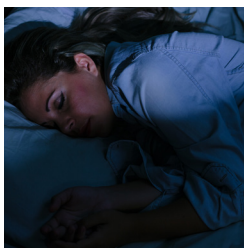
Nutrition

What you eat impacts your health, gut microbiome and immune system. The colors in fruits and vegetables have immune boosting phytonutrients and the more variety you get of these colors the more diverse your good bacteria. Think about eating the rainbow on a daily basis.



Gratitude Practice

Expressing gratitude has an impact on your stress response. When you're living in a state of gratitude you tend to feel more positive emotions, enjoy your experiences, deal with adversity better, build strong relationships, and improve your overall health and well-being. You can train your brain to have positive thoughts and emotions and therefore reduce the feeling of anxiety and apprehension.



Sleep Well

This is a habit many people neglect, assuming it's not as important. But sleep is essential for your health and wellbeing. It's needed to reduce stress, feel energized, have proper focus and concentration, manage your weight and physical health, detox and heal, keep your cardiovascular health in check, and so much more.



Move Your Body

Exercise will boost your energy and make you feel happier and more confident. If you're having trouble fitting exercise into your daily routine, maybe wake up a little earlier or schedule it into your calendar, so you know this time is uninterrupted and there won't be any distractions. Move in a way that sounds enjoyable in that moment. This might be taking a walk while listening to your favorite podcast, putting on a fun playlist and dancing, yoga, going for a bike ride, running around with your dog, deep cleaning your house, or streaming an at-home workout.

YOUR DAILY HABIT CHALLENGE

Challenge Day 1

Step outside for 15 minutes and get some Vitamin D. Breathe in the fresh air. Take a break from your to-do's.

Carve out this time during your week and write down the days and times you will COMMIT!

1. _____
2. _____
3. _____
4. _____
5. _____

Challenge Day 2

Eat the rainbow this week. Next grocery run, try to get each color below in your cart from the produce section. If you always get the same foods, try a different red, orange, etc.

What foods from each color will you try this week?

Red: _____

Orange: _____

Yellow: _____

Green: _____

Blue/Purple: _____

Challenge Day 3

What are you grateful for?

When you notice yourself complaining about a negative event or stressor in your life, think of 5 things that you are grateful for and record them here.

1. _____
2. _____
3. _____
4. _____
5. _____

Challenge Day 4

Create a bedtime ritual that does not include electronics. Maybe take a bath or do a face mask, enjoy a cup of herbal tea, read a book, or write in a journal.

Write down your nighttime ritual.

Challenge Day 5

Commit to moving your body at least 15 minutes a day.

Record what exercises you did on each day, how long you did them for, and how you felt after.

1. _____
2. _____
3. _____
4. _____
5. _____



Ready, Set, Go!

Create your habit schedule. Schedule these habits into your calendar, post them on your fridge, computer or bathroom mirror, wherever you will be reminded! Do your best each day. Habits take time, so show yourself kindness and compassion.

RESOURCES:

[*http://www.imgt.org/IMGTEducation/Tutorials/ImmuneSystem/UK/the_immune_system.pdf](http://www.imgt.org/IMGTEducation/Tutorials/ImmuneSystem/UK/the_immune_system.pdf)

<https://www.webmd.com/diet/ss/slideshow-strengthen-immunity>

<https://healthcareassociates.com/6-unsuspecting-ways-youre-weakening-your-immune-system/>



CONTINUE YOUR HEALTH JOURNEY WITH YOUR COACHES CARLA AND JACKIE!

Most people see improvement working with lifestyle adjustments mentioned in this guide. But we know that making change is not easy. We've been there ourselves. As a member of Community Immunity, you'll get the continued support you need to change unhealthy habits for good.

Learn more about how you can improve your overall health in this free webinar.

[Turn Your Regular Routine into an Immune Boosting Machine](#)

We're excited to meet you and help guide you on your health journey.

[Learn more about Community Immunity Small Group Coaching Here](#)



Carla & Jackie are National Board-Certified & Functional Medicine Health Coaches passionate about health and helping you build a strong resilient immune system.

They started Community Immunity—a small group coaching program to help you understand how to optimize your health *before* you get sick. They both know what's like to struggle with their health and they also know the power of changing lifestyle habits over time to feel great again.



“We know the power of functional medicine and lifestyle change to regain one’s life. This is why we are so passionate about standing side-by-side with our clients to help them stop struggling with their health so they can start living their best life again.”

—Carla Alpert, NBC-HWC, FMCHC, FDN-P

—Jackie Ganz, NBC-HWC, FMCHC

Email us, say hello or ask us a question:

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