

# 6 Quick and Easy Ways to Boost Your Immune System



By Yani Kelly

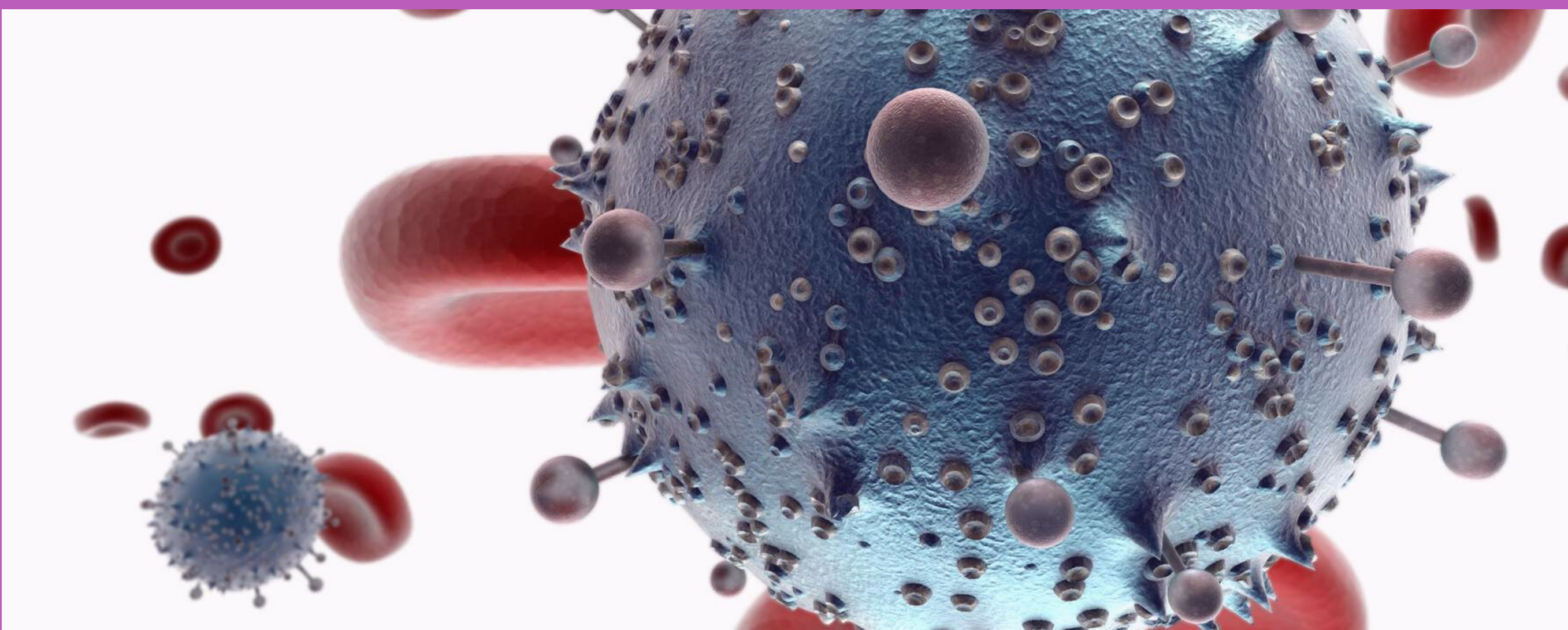
All About Wellness

The Coronavirus is a big concern here in America and across the world. The media is creating a frenzy around this pandemic.

You should be concerned if you are elderly with compromised breathing issues, or if you are a smoker with emphysema or COPD. The majority of us are not at high risk as this is a similar virus like the Flu is.

We feel less scared & afraid of the flu because we have a vaccine for it, but the vaccine covers 5 of the most common strains of influenza. There are 160 strains for influenza that we know about, so covering 5 is great, but it is a guessing game every year from the medical world.

The best thing you can do for protecting yourself against COVID-19 is to be mindful who you are in contact with, find ways to lower your stress so that your body can function optimally, and eat a whole food healthy diet so your body has enough minerals and vitamins to sustain your immune system.



Here are 6 surefire ways to transform your health and create a protective shield for yourself from not only the Flu, COVID-19, or anything else, but to live a healthy life for the rest of your life!

## 1.) Hand sanitizer vs Washing Hands

You should always choose washing hands more than hand sanitizer. You need to wash your hands for 20 sec [just think of a surgeon and how much they scrub before surgery] and get all the nook and crannies to be clean. Soap bonds to molecules and germs and we want to give it all the help we can to break those germs from our skin and become clean.

Hand sanitizer is great on the go alternative, but make sure the sanitizer is over 65% alcohol-based to be worth using.



✓ Do it Yourself Health Boost Tip:

If you don't have any hand sanitizer available, you can make your own by combining rubbing alcohol with aloe vera gel. Just remember the percentages to be having more alcohol in it than gel.



## 2.) Take Supplements

Zinc [found in pumpkin seeds, nuts, legumes, and animal proteins] helps your body block the virus from attaching to your cells and spread throughout your body. If you want to take a pill, you can take 1 pill daily...just know that Zinc supplement can make you nauseous so make sure you take it with some sort of food.

Vitamin C is amazing to boost your immune system. You can have 1000mg of Vitamin C up to twice a day to keep your immune system rocking out!

Vitamin D is quintessential for your immune system and gut health. The best way to do this supplement is to get Sunshine!! If you are wanting to take it as a pill, you can take 1000mg a day.

✓ Health Boost Tip:

Be outside for a walk for 10-40 min a day. If it's raining, bring an umbrella.



### 3.) Sleep

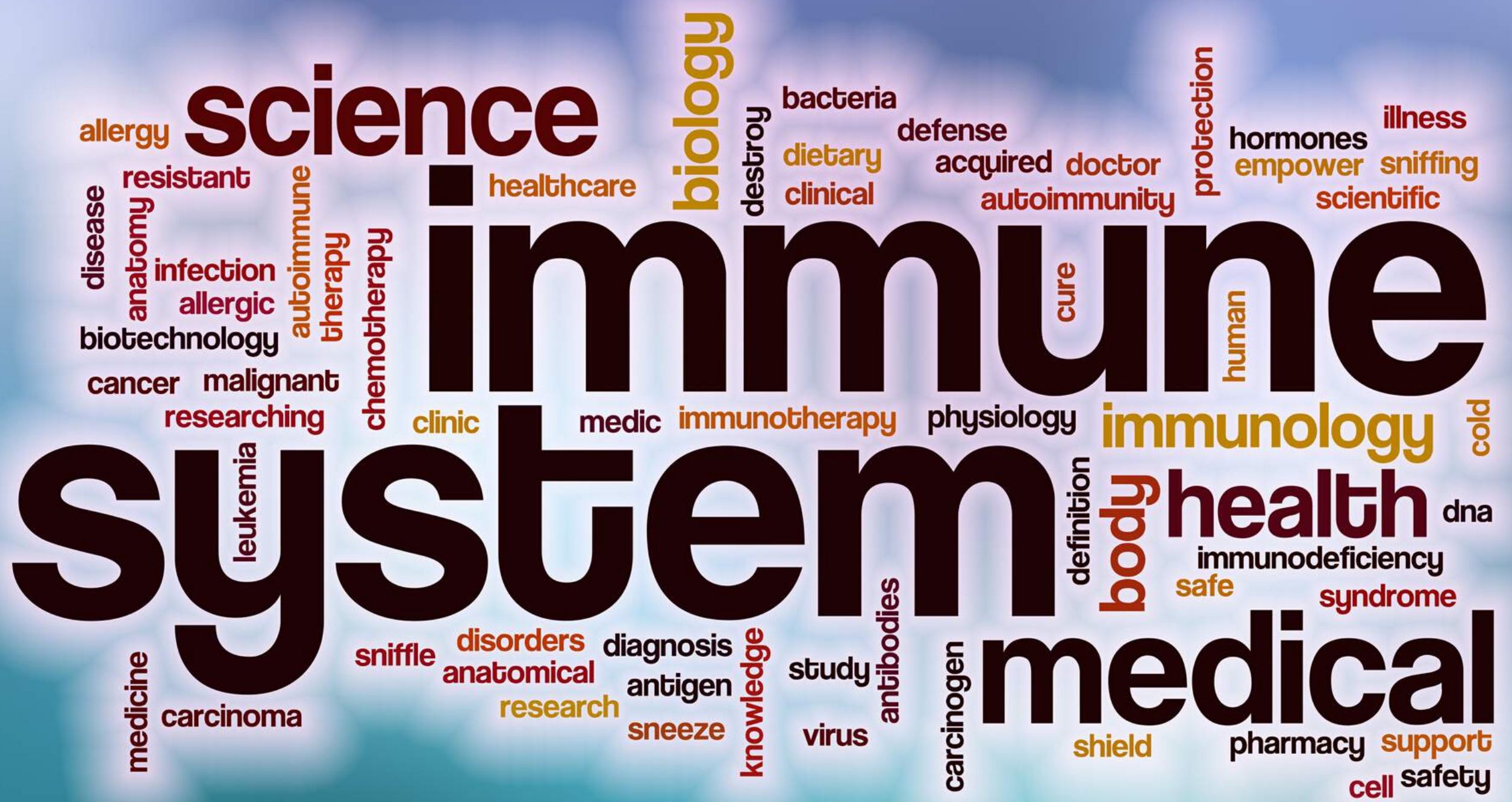
Your body needs sleep! It gets the best sleep if you can get to bed by 10 pm because it creates the most sleeping hormone [Melatonin] between 10p-2a. So if you can get to bed to maximize your sleep hormone, you will sleep better! You want to sleep between 7.5 hours and 9 hours every night.

Your body flushes out all of your toxins, resets your metabolism, and allows you to have a healthy immune system when it gets enough sleep. So make sure you are making this a priority every day.

Try to minimize blue light before bed [aka tv's, cell phones, electronics] to get a restful sleep!

✓ Health Boost Tip:

You can take 1 teaspoon of honey before bed to give your brain extra energy to perform better while you sleep!



#### 4.) Anti-inflammatory Diet

You need to make sure you are eating a clean and whole food diet as much as possible. Fried foods, fast foods, alcohol, are all going to be weakening your immune system not helping.

Real foods that your body is using for vitamins and minerals will be so helpful because 80% of your immune system is in your digestive tract! Green veggies are key [broccoli, asparagus, spinach, romaine, kale, cauliflower] and lean proteins help with the other vitamins you need. Water is so important to help with keeping your kidneys healthy and feeding your organs so they can work at optimal levels.

Think about it like your car with oil- it runs more optimally with a fresh oil change and a tank full of gas! Your body when it is dehydrated will try to absorb water out of whatever is in front of you just for survival.



✓ Health Boost Tip:

Choose your food intake wisely, so you can give it what it needs, and reap the benefits of being HEALTHY!



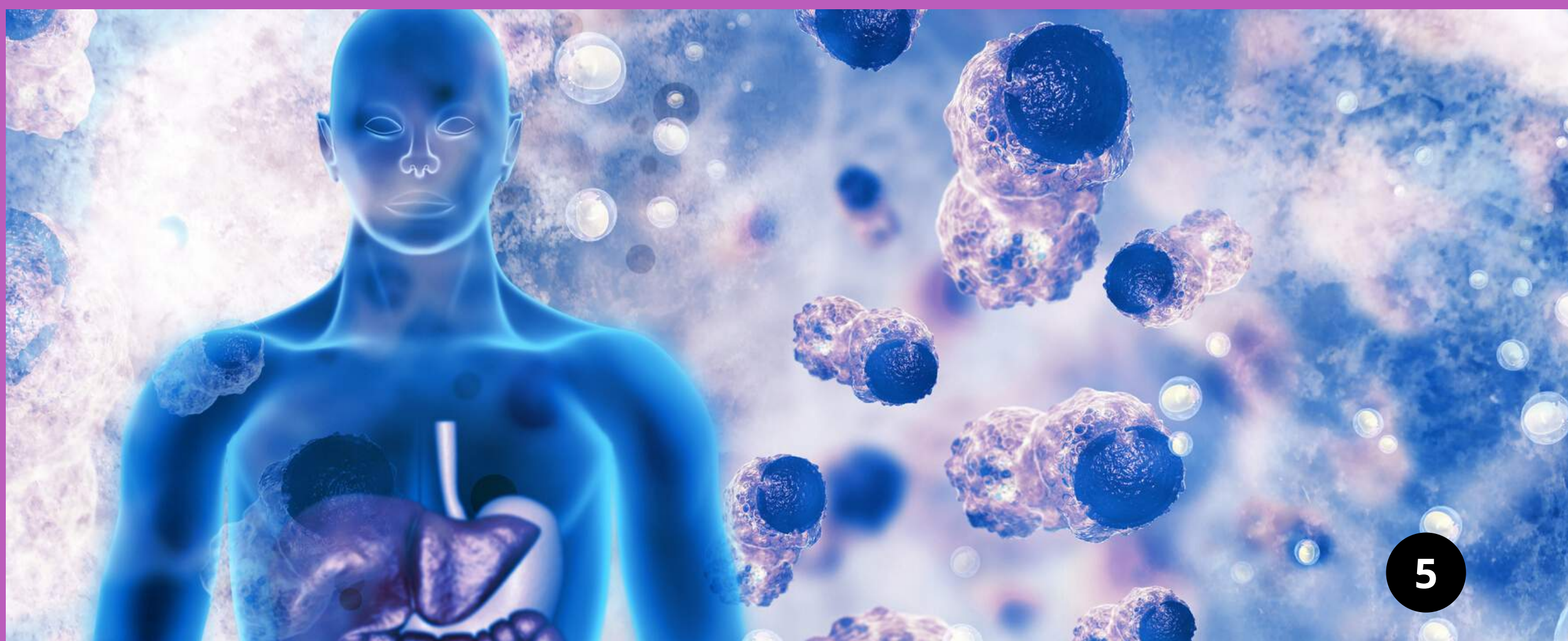
## 5.) Intermittent Fasting

Did you know that fasting helps your body eliminate dead and damaged cells?

This process is called Autophagy. Fast induced autophagy also helps get rid of VIRUSES, bacteria, and parasites!

Most people do the 16 hours of fasting and 8 hours of non-fasting. This means to eat for 8 hours a day, and only drink water for the other 16; so keep your eating window from 11a-7p, or 10a-6p, 12p-8p [so on and so forth].

Whatever works best for you, but this will drastically help your immune system.





## 6.) Mindfulness & Meditation

When your body is stressed, you start to take shorter breaths. When you do so, your lymphatic system [the one to flush out all the toxins and viruses from your body] begins to be compromised. To reset your system every morning, do a little bit of journaling or meditation.

Try and calm down your brain from being in the fight or flight mode, and just get out your thoughts and emotions so you can have a clear and stress-free mind. Control what you can control, plan out your day so you are being proactive versus reactive, and take deep breaths to calm down your body.

### ✓ Do It Yourself Health Boost Tip:

A simple breathing technique that is scientifically made to help you is holding your breath for 8 seconds, exhale for 4 seconds, and then inhale for 2 seconds. Do that 10x and see how much better you feel afterwards. It takes you about 2 mins to do.

Thank you for taking the time to read this guide, I kindly encourage you to implement all or at least one of these health-boosting tips, so you will protect yourself and your family during this pandemic.

If you have any concerns or questions about improving your overall health And want to boost your immune system, contact me @ All About Wellness [yanikelly.com](http://yanikelly.com) Or Call: 386-269-8806



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MADE EASY

Contact me @ All About Wellness [yanikelly.com](http://yanikelly.com) and Book Your, Health Boost Session

This guide will provide simple ways to help you boost your immune system but if you need additional support and motivation to reach your health and wellness goals in the next 90 days.. I want to help!

I want to invite you to book a Virtual Health Boost session with me so I can answer any questions you may have about your health and wellness. PLUS, I want to introduce you to my Total Wellness Programs!

If you feel stuck, I want to help because it's my way of giving back so you can create a healthier version of yourself.

I invite you to visit [yanikelly.com](http://yanikelly.com) to schedule a call.

I look forward to connect with you and help boost your immune system to feel stronger, energized and healthier !

Let's talk soon!

Yani

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