



5 STEPS

To Immune Vitality

BY:

Thomas Prather MS, CNS, LDN

NEED AN IMMUNE RESET?

Suffering from sniffles, sneezes, and stubborn inflammation? Your immune system might be playing hide-and-seek! When your body's defenses are weak, allergies and inflammation can run wild. But fear not, superhero! By optimizing your immune system, you can become a fortress against these pesky invaders. Click [here](#) to discover how to empower your body's natural defenses and reclaim your health!

So, let's get you some ideas on how to optimize your immune health!



Step 1:

Rule out food intolerances!

Have you ever tried to test which foods might be triggering your symptoms? Trialing some eliminations can be greatly insightful. I recommend starting with 2-3 foods and working up from there. Eliminating too much can be dangerous, so consult with me before going further.

Foods to Suspect:

- Gluten
- Dairy
- Egg
- Sugar
- Processed foods
- Alcohol
- Fried foods

Work with me to get a personalized plan for food elimination!

www.gutbrainbody.com



Try these allergen free recipes!



Step 2:

Increase your antioxidant intake

Antioxidants are like your immune systems best friends. Colorful fruits, veggies, nuts, and seeds are packed with these champions that fight free radicals and inflammation. This dynamic duo can improve immune tolerance and keep your inflammation to a minimum.

Top Foods:

- Bell peppers
- Strawberries
- Broccoli
- Sunflower seeds
- Acai berry frozen (0 sugar)
- Carrots
- Butternut squash
- Hemp seeds
- Brazil nuts
- Fresh Oyster
- Wild Caught Salmon
- Organic Spinach

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Check out these rainbow recipes!



Step 3:

Add immune supportive flavonoids

Flavanoids are natural constituents of food that have therapeutic properties. Quercetin, resveratrol, ginger, and curcumin, to name a few, can reduce histamine output and calm the immune system, keeping it from overresponding to internal and external insults.

Best foods:

- Onions
- Apple
- Berries
- Buckwheat
- Tart cherry juice
- Cherry tomato
- Broccoli
- Red Grapes
- Peanuts
- Ginger
- Turmeric



Try this allergy supportive tea!

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Step 4:

Try some new probiotics!

Fermented friends to the rescue! Probiotic-rich foods like yogurt, kimchi, and sauerkraut are loaded with good bacteria that support your gut's immune system. This in turn can reduce inflammation in the body and reduce allergic reactions.

Probiotic foods to try:

- Kefir
- Yogurt
- Kimchi
- Sauerkraut
- Kombucha
- Miso soup
- Sourdough bread
- Fermented pickles
- Tempeh



Try this probiotic slaw!

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Step 5:

Fix your sleep and self-care routine

Stress or sleep issues will slowly take a toll on your immune health and can often make all the difference when you fix them. Try assessing which of these could be worth focusing on and start with small changes.

Small Changes:

- Deep breathing 5 min/day
- Walking every morning
- Going to bed 30 min earlier
- Drinking calming hot tea before bed
- Stretching for 5 min/day
- Turning the phone off in the evening
- Journaling 3 min every day
- Incorporate more skin care
- See a therapist

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Check out this self-care journal!





**Do you want a more
customized approach?**

Start with a FREE CALL!

We'll Discuss:

1. Your primary concerns.
2. How I can help you.
3. What you need to get started.

Let's Go Deeper!

CONTACT ME

 (619) 352-0432

 thomas@gutbrainbody.com

BOOK NOW



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