



Hi friends,

We all know that we are living in some trying times. There is a lot of fear and panic surrounding the Corona Virus. I would like to offer a few tips and information to help lessen the present fear. It has a lot to do with the host. How are we taking care of our bodies? When our immune system is strong, the chances of being infected by any chronic disease or illness is greatly reduced.

### **HOW DO WE BOOST OUR IMMUNE SYSTEM?**

1. Providing our bodies with proper nutrition.
2. Getting enough sleep
3. Drinking an adequate amount of water
4. Reducing stress levels
5. Exercising regularly
6. Reducing toxic load as much as possible



My friend Kelli White and I are offering a 30 Day Boost Your Immune System Program beginning Wednesday, April 15th. The program will include the menu containing all of the recipes for 30 days. We will add you into a Facebook group that we will create specifically for the group. This is such an important time to still stay connected to one another. The group will be a great place for support, encouragement and accountability. We will be able to remain social while working on our health. Instead of feeling housebound, we can lift each other up and encourage one another

nutritionally and mentally. Because we are more restricted to the ability of getting out, this will be a great time to participate in our program because you will have more time to prepare food. Instead of preparing foods that you might normally make when housebound (baked treats and goodies), you can focus on creating delicious healthy food!



### **WHAT ARE THE BENEFITS OF AN IMMUNE BOOSTING PROGRAM:**

1. Prevention from getting sick
2. Balance blood sugar levels
3. Decrease blood pressure and cholesterol levels
4. Balance pH levels to become more alkaline
5. Decrease risk of cancer
6. Healthier hair, skin and nails
7. Better brain function
8. Increased energy
9. Weight loss

We would love for you to join us for our 30 Day Immune Boosting Program. The entire program is only \$100!

# SUGAR DETOX

Beginning Wednesday, April 1st, I will also be offering a 21 Day Sugar Detox! My Sugar Detox Program will follow a very similar format as the Immune Boosting Program. I will provide a YES/NO Foods list as well as a menu and recipes for each day. The program will focus on removing all added sugar from the diet as well as white carbs, gluten, caffeine and dairy. Fruit will be very limited and grains will be very limited. This will allow a reset of your body and a cleansing of your cells. It also changes your taste buds by removing any sugar residue so you no longer crave sugar!!

## WHAT ARE SOME BENEFITS OF A SUGAR DETOX:

1. Lower your chances of heart disease
2. Decrease your risk of cancer
3. Weight loss
4. Eliminate sugar cravings
5. Increase energy levels
6. Decrease body inflammation
7. Improve brain function
8. Save money

I would love for you to join me on a journey of better health by boosting your immune system with both or either of these programs. Whoever decides to join the Boost Your Immune System Program will have free access to the 21 Day Sugar Detox Program. If you choose to just participate in the 21 Day Sugar Detox Program, the cost is \$60.