

# IMMUNE FORTIFICATION



**Your immune system is everything to you and it needs smart conscious choices!**

## Immune Fortification Involves the Following:

1. Organic food, plant-based, roots, leaves, stems, grains, beans, nuts, seeds, etc.; land and sea vegetables; may use wild fish; minimize or eliminate animal flesh & animal milk; avoid fast foods that are highly or “ultra” processed & contain low quality oils, much sugar, and other chemicals.
2. Clean air, rich in plant and trees in the environment where one dwells.
3. Filtered alkalized or hydrogenated water; avoid distilled water that is devoid of minerals.
4. Avoidance of glyphosate (in roundup) and most conventionally grown or foreign-grown crops that contain huge amounts of chemicals.
5. Minimization of radiation by wi-fi and cellular devices; keep phone off the body and away from head; stay in airplane mode most of day when not using phone; use wired/corded devices if you are using technology for home, work, or play.
6. Daily supplementation during “current times” of these items is strongly recommended (please divide the doses so not to take too many at once; some are to take with food; see labels for this instruction):
  - Quercetin (with or without bromelain 50mg): 500mg
  - Zinc 25-40mg
  - Copper 1-4 mg
  - Vitamin d3 5000-8000 IU (vitamin k2 of 100mg to use with this for higher absorption)
  - Resveratrol 150-600mg
  - Ascorbic acid 2000-4000mg
  - Nattokinase 130mg (may use with Serreptiopeptidase 150mg)
  - N-acetyl cysteine (n-a-c) 500mg
  - Coenzyme q10 200-400mg with PQQ 10-20mg
7. Sunshine for 30 minutes daily. For those who take sunshine, supplementation with vitamin d3 can be 3000-5000 IU daily.
8. Exercise (including stretch) for 30 minutes minimum daily to invigorate the entire body.
9. Do constructive work, socialize, and play a lot.
10. Meditate every day.



\*\*\*\*You are advised to consult with your health provider if you have any condition that requires careful monitoring and if you are taking prescribed pharmaceuticals.

For further information on how to protect yourself the right and safest way, Dr. Maria Scunziano-Singh can be consulted at Integrative Healing at OM, LLC. For an appointment call (352) 254-8090.