



PATIENT EDUCATION FOR OPTIMAL HEALTH OF OUR IMMUNE SYSTEM

Reduces inflammatory and stimulates our bodies best defense against infection: our immune system.

ALL LIFE AND HEALING COMES FROM THE GREAT SPIRIT.



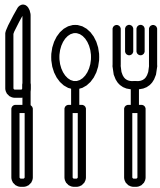
WATER: MNI WICONI

Drink ½ of our weight in ounces daily (at least eight 12 oz glasses). Avoid soda, energy drinks, and Gatorade. Drink 1 teaspoon raw and unfiltered Apple Cider Vinegar in large glass of water with slice of lemon three times a day. May add raw honey.

Analogy: Stagnant pond when we do not drink enough water and flowing stream when we do. The stagnant pond breeds infection and the flowing stream is vitality and life.

TEA WITH RAW AND UNFILTERED HONEY

Add turmeric, ginger, lemon, cinnamon all immune boosters



PLANT BASED DIET WITH GARLIC

Focus on more fruits and vegetables and less food that is processed in bags, or cans. Add vitamin D 5000 units supplement daily for adults for brain, bone and immune system health.

EXERCISE 30 MINUTES DAILY

Walk, run, bike, yoga, stretches (remembering social distancing).



SLEEP AT LEAST 7 HOURS NIGHTLY

LOVE AND FORGIVENESS

Love and forgiveness of self and others in our heart: Breathe In and Breathe Out breathing technique.



Avoid alcohol use, smoking or drug use. We are all responsible for our health.

Walking the Red Road: Being one with the Creator, ourselves, and others with a drug and alcohol free life.

Thank you for the privilege of your time today as we

“Lead with Love on our Shared Wellness Journey.”