



Love Your Bonuses

BOOST YOUR IMMUNITY CHECKLIST

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Laura Frontiero
TAKE GOOD CARE

SLEEP

- Blackout your room
- Diffuse essential oils
- Shut off screens 2 hours early
- Declutter your room
- Fresh sheets weekly
- Turn temp down

HYDRATE

- Drink 1/2 body weight in ozs daily
- Purified vs Filtered water
- Coconut water
- Green tea, Kombucha
- Avoid juice & soda
- Avoid energy drinks

NOURISH

- Eat whole food meals
- Eat your produce colors
- Go for organic
- Bone broth
- Fermented foods
- Avoid sugar & alcohol

REDUCE STRESS

- Gratitude journaling
- Daily prayer or meditation
- Step back from media
- Move your body
- Laugh, create joyful moments
- Listen to music, make art

SUPPLEMENTS

- Vitamin D
- Probiotics
- Vitamin C
- Zinc
- Magnesium
- Omega 3s
- Multivitamin
- Vitamin A

POWER FOODS

- Garlic
- Onion
- Coconut
- Brazil Nuts
- Wild Salmon
- Red Peppers
- Walnuts
- Sweet Potatoes
- Mushrooms
- Oysters
- Ginger
- Apple Cider Vinegar
- Olive Oil