VIRUS PROTECTION CHECKLIST

Viruses and other pathogens come and go year-after-year.

Our bodies are incredibly capable of protecting us from the many dangers we face, but we must intentionally give our bodies what they need and eliminate things that break them down.

By following these guidelines, you will **strengthen your immune system**. Take action and be confident in the miracle of you.

-Drs. Mark & Michele Sherwood

VIRUS PROTECTION CHECKLIST

▼ *Free Virus Protection* ▼

✖ FEAR
Do not speak or live in fear. It is great to be informed about the news, but do not be consumed.

✖ STANDARD AMERICAN DIET
Stay away from highly processed and refined foods. They offer little to no nutrients while likely containing toxic carcinogens. Specific examples include breads, grains, sugars, MSG, soda, fried foods, and soy.

✖ SMOKING
Smoking is known to compromise the balance of the immune system. It also increases the risk of several autoimmune disorders.

✔ SPEAK LIFE
Connect with people who encourage you. Only speak calming and peaceful words. Spend time in prayer.

✔ EXERCISE & GO OUTSIDE
Exercise at least 150 minutes weekly. Get out in the sun at least 30 minutes daily.

✔ PRIORITIZE SLEEP
Seek 7-8 hours of sleep every night.

▼ *Worth the Investment* ▼

✔ EAT REAL FOOD
Eat plenty of fruits and vegetables. When selecting meat, look for: organic, grass fed and finished, hormone/antibiotic free, free range, wild caught.

✔ COLOSTRUM
2-3 teaspoons twice daily on an empty stomach
Colostrum is known as "nature's first food". If a baby needs this to build an immune system, we can take full advantage with carefully selected liposomal delivery, bovine sources.

✔ VITAMIN C
3,000 - 5,000 mg daily
Vitamin C has been well-studied for over 100 years and can be used as an anti-viral. Liposomal delivery is optimal.

✔ ZINC
40 mg daily for men / 20 mg daily for women
Zinc has been shown to hinder viral attachment.

✔ VITAMIN D
5,000 IU daily
Optimized levels of Vitamin D will improve immune response and build strength.

918-748-3640

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Buy recommended supplements:
fmidr.com/protect