

Like

Tweet

in



# Full Bodied Nutrition Inc

HOLISTIC NUTRITION &  
STRESS MANAGEMENT STRATEGIES



The current global pandemic is still front and center of everyone's minds, ESPECIALLY, because our society is beginning to open up once again. This is a critical time for increasing our understanding of how our immune system works and what you can do to boost your body's immunity.

The immune system is linked to so many aspects of our life. The food we eat, the quality of our sleep, and the level of stress are all things that are within our control to supercharge our body.

That's why we are creating a detailed and informative Facebook group called **Supercharge Your Body** that will give you guidance on how YOU CAN boost

your immune system.

Over a period of weeks, we will provide you various steps that you can implement today to strengthen your immunity. We will explore the basics of our immune system, then discuss the importance of adopting a healthy lifestyle and identify the foods you can add to your meal that will help you Supercharge Your Body!

We will then provide you with recommendations to manage your stress and increase your exercises while removing the toxins in your body. This guide will conclude with supplement suggestions, recipes, and a 21-day plan that can help you put all that you've learned into practice.

You'll benefit so much by going through this guide. Here are what you will learn in this guide:

- How your immune system functions and what you can do to help it fight bacteria and viruses;
- The research behind immunity and why you should adopt our recommendations;
- How you can benefit from embracing new behaviors and introduce variety in your meals;
- Why it is so vital for you to have a bedtime routine;
- Exercises you can add to your workout to boost your immune system;
- Foods to adopt in your nutrition that will increase your intake of nutrients vital to your immune system;
- How to create a healthy life that keeps you energized during the flu season;
- How to charge your immune system in 21 days and stay healthy;
- 8 delicious recipes that will support your immune system;
- 6 supplements that are essential to improve your body's immunity;
- 2 simple ways to manage your daily stress and increase your immunity;
- Successful techniques to detoxify your body of harmful antigens;
- How you can practice good hygiene that may help to reduce the risk of viruses;
- Customized activities that will help you apply the changes right away and start improving your immune system;
- Practical ways to boost your immunity in your daily activities;
- 6 things to avoid if you want to stay healthy;

Are you ready to supercharge your body?

Join the group today and gain access to some amazing content and community with other like minded people, starting June 8th.



## Upcoming

=====

Our Full Bodied Nutrition Wellness Initiative E-Book is NOW AVAILABLE for purchase on our website. You can check it out [HERE](#). It is 122 pages of useful and implementable content all at your fingertips!

As we previously mentioned, this month we will be opening up a **Supercharge your Body** Facebook group. The focus of this private group will be to give you the knowledge to transform your body and strengthen your immunity. Join the group today and get access to AMAZING content starting June 8!

We are continuing to create our "social distancing" Come Dine with Us. These are pre-recorded and uploaded on the last Friday of every month. Once social distancing protocols are no longer in place, we will return to a LIVE format in Facebook! We can't wait!!!

Have an idea that you would like to share with us? Please feel free to contact us at anytime to share your ideas.

[Janice's email](#)

[Ginette's email](#)

## Holistic Hub

=====

Since we are focusing on Supercharging our Bodies, here are some excerpts from our upcoming Facebook group discussions;



**Nourishment:** Sunflower seeds are very high in vitamin E.

One ounce can provide 76% of your daily intake, which is 15 milligrams. Vitamin E is also a potent antioxidant, which can help fight infection since it enhances the immune system.

**Lifestyle:** Sleeping is, by far, one of the best remedies to help the immune system fight off any disruptive bug in your body. Sleep is crucial for the body's production of cytokines. Cytokine is a protein that reduces inflammation and infection in the body.

Sleep is critical to ensure a healthy immune system. The recommended sleep hours are seven to nine hours per night to rest and regenerate the body adequately. If some days you are unable to get the recommended dose of sleep,

try to do one or two naps of 30 minutes during the day. If you don't get enough sleep, your immune system can't function optimally.

**The Stress Connection:** Stress is a significant contributor to illnesses. When we experience stress, we harm our body's ability to fight antigens with antibodies. Daily stress and stressful situations can be very detrimental to our immune system. The more stress reduction activities you can bring in your life, the stronger your immune system will become. If you are interested in doing so, here are a few suggestions to consider. Adopting a positive attitude, practicing mindfulness or beginning a movement routine.

**Wellness Challenge:** Since our immunity responds better when the body is relaxed, it is only logical to help the body relax with stretches. Stretches like the forward fold can boost the immune system by bringing blood flow into your sinuses and release its congestion. Stretches can be done in the morning and in the evening; you only need a few minutes of stretches for your body to benefit. Our Wellness Challenge for you this month is to stretch for a few minutes every day and let us know if you feel the benefits of it.



### Ongoing Initiatives

=====

Our Signature FBN 12 week Wellness Initiative, remains free for a period of 1 month. All restrictions have been removed so you can do as much or as little as you like.

[12 week Wellness Initiative Program](#)

Don't forget to check our social media for all kinds of tips, info and a few laughs. You can find them here:

[Facebook](#)

[Instagram](#)

[Twitter](#)

Don't forget to check out our Cupcakes and Kale podcast, now available in iTunes. Simply look us up in the search bar!

**Wishing you well,  
Janice and Ginette**



©2020 Fullbodiednutrition.com | Fullbodiednutrition

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by  
**GoDaddy Email Marketing**®