



HealthTruthLife
Medical Wellness

What can I do to be physically empowered during this cold and flu season?

- 1) **Optimize vitamin D3 level** – ask your doctor or clinician to check your 25-hydroxy vitamin D3 level. Aim for a blood level of at least 50 ng/ml, which can be met with a combination of sun exposure and supplementation. Evidence shows that optimal D3 levels are associated with better outcomes for all infections as well as overall health.
- 2) **Optimize your blood sugar** – ask your doctor or clinician to check your fasting insulin and fasting blood sugar. Seek education on how to keep your blood sugar in the optimal range. Evidence shows that normal/optimal blood sugar is associated with better outcomes for all infections.
- 3) **Sleep/recovery** – Be selfish with your sleep. 8 hours of sleep at night confers benefit to your immune health, as well as to your overall health. Seek education and empowerment on how to get better sleep and optimize recovery.
- 4) **Reduce or eliminate processed food**, sugar, trans/fried fats, diet and regular soda, and work with your clinician to see if other foods should be reduced or avoided based on your individual food allergies or sensitivities. ~75% of our immune system is based in our gut and, therefore, our immune system is exposed to everything we eat.
- 5) **Increase consumption of nutrient dense foods**. There are MANY different healthy diets; but, ensure that you are getting enough of what you need. Eating more vegetables can help lower inflammation and lower blood sugar. Some, however, may see benefit in more keto or paleo type diets. Regardless, see #4 above regarding what to avoid and work with someone who can help empower your nutritional decisions.
- 6) **Be involved with a community** – community/church/volunteer activities provide purpose and relationship. Humans thrive when in deep relationship with others and when we serve others. Relational living improves physical and emotional health.
- 7) **Exercise** – 3-4 days a week of resistance/weight-bearing and cardiovascular exercise helps strengthen both physical, emotional and mental health. Moderate exercise helps balance stress hormones while improving immune system readiness.
- 8) **Recreation** – Find joy in living! Turn off the TV and internet and get outside in God's creation. Recreation reduces stress and improves mental and physical health.

*Call or email us today for a free discovery phone consult to see how we can set up a personal plan for you to thrive during this upcoming cold and flu season.

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