



LAURA ERDMAN-LUNTZ



## PODCAST: INSPIRATIONAL LIFE COACHING PODCAST

### 12.5: Rock Your Immune Support

Use this sheet as a checklist, choose at least 3 new things you will begin now and put your plan into action!

#### *One:* Hydration + Nutrients

##### ● Hydration:

- Proper hydration is key to helping the body function properly. "Enough" water is about half your body weight in ounces. I shoot for 85-100 ounces a day with my first quart before breakfast.

##### ● Nutrients:

- Nutrient rich foods: Google "super foods" to get extra rich and healthy foods. Also focus on organic fruits and vegetables (the pesticides are hard on the body) as well as meats that come from grass-fed, free-range animals:

- My meat subscription service: Butcher Box. I LOVE it! Amazed at how much I get! (Here is my affiliate link which gets you \$30 off your first box: <http://fbuy.me/oRCrZ>)

- Supplements: Make sure your supplements are highly bioavailable. Sometimes you can google the information (manufacturers won't release it, for obvious reason.) Again, my preference is Young Living brand which are highly bioavailable.

## *Two:* **Relaxation**

- If you don't already have one, begin an intentional, relaxation practice: Meditation, exercise, breathing, visualization, yoga.
  - Here is my YouTube channel with FREE Yoga videos: <https://tinyurl.com/LELYoutubeTV>
  - Fave Apps for meditation:
    - Headspace (for guided)
    - Insight Timer (I've used this one for YEARS! Set a timer with reminder bells and go!)

## *Three:* **Exercise + Fresh Air**

- Get your body moving!

Here are my two fave YouTube channels for exercise. Both have workouts organized by type, part of the body, length, etc. Super easy to find something to fit what you want!

PopSugar Fitness: <https://www.youtube.com/user/popsugartvfit>

Fitness Blender: <https://www.youtube.com/user/FitnessBlender>

## *Four:* **Get Better Quality Sleep**

- Improve your sleep, not necessarily increase it.
  - Episode #13 (coming soon) will help!
  - Check out my epic blog post: [LauraErdmanLuntz.com/sleep](http://LauraErdmanLuntz.com/sleep).

## *Five:* **Improve Your Gut Health**

- Improve your pH level. Slightly alkaline is best. (Use pH strips to test.)
  - Young Living Lemon Vitality Oil
  - Young Living Alkalime
  - Google "anti-inflammatory diet" that will also help!

- Consume Probiotics: the good bacteria!
  - Life 9
  - Kombucha
  - Google “fermented foods” they will give you probiotics, too!

*Six:* **Consume Anti-Oxidants**

- Young Living's Ningxia Red — completely amazing! Read more here: <http://ningxiared.com/>.
  - Young Living has a Ningxia Red Starter Kit. Learn more about the starter kits: <https://lauraerdmanluntz.com/getting-started-with-your-oils/>
- Google “foods high in antioxidants” for more

*Seven:* **Young Living's Thieves In and Around Your Body and Home!**

- In my body:
  - Thieves Vitality
  - Inner Defense - an awesome supplement with LOTS of immune support!
- Around my body
  - Toothpaste
  - Mouthwash
  - Hand Sanitizer
  - Foaming Hand Soap
  - Other: \_\_\_\_\_
  - Other: \_\_\_\_\_
- Around my home
  - Thieves Household Cleaner
  - Thieve Spray

- **Young Living has a Thieves Starter Kit:** Young Living has a Ningxia Red Starter Kit. Learn more about the starter kits: <https://lauraerdmanluntz.com/getting-started-with-your-oils/>

### *Eight* **Toxin-Free-ish Home**

- Check the toxicity of your most used products: EWG website: <https://www.ewg.org>.
- Change out a few things:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

## *Your Plan*

Yep, write it down. You will be so much more likely to do it!! Print this page out and keep it where you will see it:

What three+ things will you do to rock out your immunity?

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Thank you for joining me!

If you have any questions, please contact me:

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<http://tinyurl.com/YLMuseLaura>

**Sign up for the Essential Oils FREE Ecourse:**

<https://www.LauraErdmanLuntz.com/eo>.

**More about the Starter Kits:**

<https://lauraerdmanluntz.com/getting-started-with-your-oils/>

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