

# Spring Survival Natural First Aid

**SUPER BOOST YOUR  
IMMUNE SYSTEM**

**LIVING IN THE WOW**

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# Back to Basics

**Give yourself what you deserve... a strong body and mindset is the best protection you can gift yourself**

- Sip water regularly throughout the day (up to 2 litres)
- Face the sun when you can and let its rays radiate light onto your forehead, this stimulates Vitamin D production and plays a huge role in your immune system
- Get outside into fresh air and consciously breathe in through the nose and exhale fully out (nose or mouth)
- Go for a walk and get in touch with the nature around you; appreciate the simple things you see, hear, feel
- Mixture of gentle / strenuous exercise of your choice
- Meditation to calm the mind and create better quality thinking space
- Practice mindfulness and notice your 'self talk', is your inner voice strong or scared? Harness the positive, acknowledge and soothe the negative
- Watch a funny film, read an amusing story; laughter is a real tonic

# Top Super Foods

## The gut is the powerhouse for your immune system

- Drink a hot water with fresh lemon 20 minutes before a meal, add lime and /or honey for extra boost
- Green Tea
- Eat a plate of rainbow coloured food
- **Top Super Foods:**
  - Fermented Food; Sauerkraut, Kimchi, Dill Pickles
  - Spices; Ginger, Turmeric, Chillies, Cinnamon, Garlic
  - Antioxidants; Blueberries, Mangoes, Apricots, Apples
  - Alkaline Veg; Asparagus, Onions, Vegetable Juices, Broccoli, Leeks, Spinach, Carrots, Parsley, Avocado
- Eat plenty of high fibre foods
- Avoid or reduce the following:
  - Caffeine
  - Soda type drinks
  - Alcohol
  - Sugar
  - Processed and refined foods

# Top Supplements

- Vitamin C (High Potency 1000)
- Vitamin D (Spray/Tablets)
- Vitamin A
- Vitamin E
- Zinc
- Selenium
- Magnesium
- Acidophilus / Bifidophilus
- Iodine (leugols solution); 2 to 3 drops in small glass of water or direct into (Himalayan ideally) salt crystals in a Salt Pipe - Breathe in (sniff) through the nose
- Colloidal Silver (Anti-viral Spray)
- Echinacea
- Astragalus

PLEASE NOTE: Speak to your Health Professional for personal guidance; dosage, use and contraindications

# Spring Survival Strategy

- OFFLOAD: Release the 'stuff' which is getting you down
- ALLOWANCE: Being in a place of 'accepting what is'... really helps
- BREATHE: Consciously in through your nose to create calm and helps to dissolve anxiety
- BALANCE: Regulate the time spent screening the news
- ROUTINE: Continue or cultivate a new timetable
- MORNING RITUAL: Meditation and Intention setting
- FITNESS: Exercise daily; singular or combo
- GROUND: Step outside as often as possible
- REST: Equal to activity
- POWER NAP: No more than 20 mins, ideally between 1:00 and 3:00p.m.
- MINDFULNESS: Pay attention to the NOW moment
- MEDITATION: Be still and quiet
- PERSONAL DEVELOPMENT: Learn something new each day

- GRATITUDE & APPRECIATION

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# Wellbeing Choices



- Honour your **Self-Care** above everything and everyone else - Tap Daily
- Choose to **STOP** stress and **DISSOLVE** tension and anxiety - Tap Daily
- Place your attention on what is *most important* to you - Tap Daily
- Want to learn more about Therapeutic Tapping? Go to [www.metawellbeing.com/](http://www.metawellbeing.com/) for more details
- Look for positives; make it a **healthy habit**