



JENNINGS
HOLISTIC HEALTH COACHING

HOLISTIC NUTRITION & IMMUNITY Workshop



An advanced holistic plan for you and your family to
avoid long-term issues arising from
COVID and influenza

www.jenningshealthcoach.com

Welcome to the Holistic Nutrition & Immunity Workshop with Jennings Holistic Health Coaching

Please print this worksheet off, grab a pen, a cup of tea and follow along.

We are going to share with you some advanced techniques and strategies that we use to help our clients heal, keep ourselves healthy and productive and now, help you do the same.

Here's what we will cover today.

Part 1 - How to fight colds & flus, existing pathogens, avoid post infection fatigue and how to prepare for booster vaccines (if you are getting vaccinated)

Part 2 – The map to more energy, and sustained immunity, some tips for eating out and finding your purpose.

Disclaimer

The information is not intended to replace your doctors advice on medication that you may be taking. The information contained is for a group purpose to provide health benefits stemming from a natural routine. This is based on a combination of emerging science, personal experience and common sense.

Why Should You Listen To Us?



I am a board certified Nurse Practitioner in both Family Practice and Psychiatry here in the USA. I came to Steve to help with severe chronic joint pain. There is much research on the effectiveness of addressing a person's stress levels, nutrition, and exercise. In fact, studies show ignoring any of the three decreases outcomes. This is the real deal I strongly recommend the program because it works.

Jennifer Reed FNP, PMHNP (30 years exp, qualified Cardiologist and background in infectious diseases)

First let's look at triggers that weaken the immune system.

- Mold
- Mercury
- Mercury in other forms
- Covid and other viruses
- Vitamin b12 deficiency
- Zinc deficiency
- Insomnia
- Financial stress
- Looking after a loved one
- Death of a family member
- Fresh paint
- Carpet cleaner
- Insecticides & pesticides
- Insect bites
- Physical injury

Covid – Be Prepared Don't Be Scared – Boost your immune system now

- Starts off strong, battles with individual immune systems – intensity of symptoms will vary
- Weakens over time as it battles with a strong immune system
- Personally, we think we should accept we will contract COVID. This puts us into a state of mental preparedness, rather than the anxiety that comes with avoidance

The information we are going to run over today will help you boost your immune system naturally for COVID and any other viral/bacterial infections, and will speed recovery.

Long Covid - This can be an area of confusion

- Long term respiratory damage? That's COVID related
- Fatigue after COVID? This is normal after flus that create hot sweats, weakening the adrenal glands and resulting in dehydration
- These symptoms pass with time (can take months)
- But COVID also can trigger dormant species in the body
- Symptoms like chronic fatigue, a thyroid issue, RA symptoms are dormant viral/bacterial issues coming to the surface earlier in life than expected and COVID gets the blame

Use this approach to avoid Post infection issues like fatigue and a weakened adrenal system

- Coconut water for rehydration pre & post infection
- Snacks like celery & dates, carrot sticks & apples to boost mineral salts
- Add potatoes, kumara, apricots & bananas to reboot adrenal glands
- Avoid fasting – eat every 1.5 to 2 hours
- Avoid over exercising, reduce alcohol and minimise caffeine
- Listen to your body! Your body will tell you what you need to do
- Hibiscus tea
- Vegetable soup

Viruses like COVID feed off _____

- Eggs are used to feed viruses in the lab while building vaccines
- Most people that I work with that are stuck with chronic disease eat these foods regularly
- These foods were never a problem in the past, but when viruses grew stronger and mutated, they became a problem who had infections
- We recommend for the best chances to boost immunity you avoid/reduce these foods.

Advanced immunity boosting techniques to fight colds & flus

- Zinc shock therapy

- Vitamin C Shock therapy

Preparing For Booster Vaccines (if you are getting vaccinated)

- Plan for Friday afternoon, followed by an easy weekend at home
- Boost supplement dosages in the days before and after booster
- Water 2.5ltrs per day – full hydration
- Low stress day (high stress suppresses immune system)
- Avoid during menstrual cycles (hormonal changes weaken immunity)
- Great sleep
- Eat well, don't fast
- Avoid alcohol

Further testing for chronic disease

- Blood tests – your local GP
- Hair tests – Cell Wellbeing tests

Part Two Holistic Nutrition & Immunity

What is Holistic Immunity?

Holistic immunity takes into account the five functional pillars of health:

1. _____
2. _____
3. _____
4. _____
5. _____

High fat diets – not recommended for long term health or immunity

- _____
- _____
- _____
- _____
- _____

Fruit is essential for immunity

- Fruit is not the enemy
- Greater antiviral and antibacterial properties
- Balances blood sugars so you reduce adrenalin
- Reduces cravings for junk food
- Does not cause type 2 diabetes (fat & adrenalin is the issue)

Hydration

- _____
- _____
- _____
- _____
- _____

Animal Protein & Plant Based Protein

- _____
- _____
- _____
- _____
- _____

Where do you get calcium when you reduce dairy?

- _____
- _____
- _____
- _____

Alcohol & Caffeine – Immuno-compromisers

- _____
- _____

Cheat meals

- _____
- _____

- _____

Fasting

- _____
- _____
- _____
- _____
- _____

Supplements to boost immunity and recovery (you don't need all of these)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What affects Immunity?

Menstrual Cycles

Poor Sleep

Stress – where is your stress right now?

Over exercising – are you doing too much?

Putting It All Together – An example of a Holistic Anti-viral & Anti-Bacterial Approach

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Water _____

Cheat Meal _____

Alcohol _____

Caffeine _____

Tips For Eating Out

Café

- _____
- _____
- _____

Restaurant

- _____
- _____
- _____

You know your head is in the game, when you are faced with temptation but you still stick to your game plan.

What's driving you?

Without commitment, a purpose, a target and a plan, your goal is just a dream.

Your kids immunity _____

Financial driver? How much does it cost you for every day you are sick? What does it cost your business if you are sick? _____

A pre existing health issue/concern? _____

More energy to spend with kids/grandkids?

More productivity – what could you achieve in a day with more sustained energy?

Better moods – do you find yourself getting irritable and moody at your family?

Name three new habits you can commit to for the next 12 months

1 _____

2 _____

3 _____

Where do you need help to achieve these new commitments?

1. Accountability/group support with a coach & community?
2. Creating boundaries?
3. Reducing work stress?

Extra Resources

Free Ebook Download – www.jenningshealthcoach.com/fivefunctionalpillars

Supplement Link 15% discount

<https://pachealth.co.nz/Customer/PickUpPrescription.aspx?code=g35djphg>

Our Book [From Living Hell to Living Well](#)

Join our [12 Month Mentorship Program](#)

Create your vision and commit some energy to your health goals in 2022

Need help? Reach out! The success rate when people work with a coach is around 90-95%.

Contact us

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Thankyou for attending our workshop – we wish you all the best in 2022!

Regards,

Steve & Heidi