

# SUPERCARGE YOUR BODY

RESOURCE CHEAT SHEET



This document contains additional resources to help you strengthen your immune system. These resources are organized by chapters and provide you with more information that can help you on your journey to boosting your immunity and supercharge your body.

# Chapter 1: The Basics Of Your Immune System

## **Articles**

- How does the immune system work?:  
[https://www.cancerresearch.org/blog/april-2019/how-does-the-immune-system-work-cancer?qclid=eaiaiqobchmi0vkcxmo96aivrtvgch0pvwtbeaayasaaglx\\_d\\_bwe](https://www.cancerresearch.org/blog/april-2019/how-does-the-immune-system-work-cancer?qclid=eaiaiqobchmi0vkcxmo96aivrtvgch0pvwtbeaayasaaglx_d_bwe)
- Understanding the immune system: how it works:  
[http://www.imgt.org/imgteducation/tutorials/immunesystem/uk/the\\_immune\\_system.pdf](http://www.imgt.org/imgteducation/tutorials/immunesystem/uk/the_immune_system.pdf)
- What is a virus, and how does it become a danger to human life?:  
<https://science.howstuffworks.com/life/cellular-microscopic/virus-danger.htm>
- germs: understand and protect against bacteria, viruses and infection: <https://www.mayoclinic.org/diseases-conditions/infectious-diseases/in-depth/germs/art-20045289>

## **Website**

- The biology project : immunology:  
<http://www.biology.arizona.edu/immunology/tutorials/immunology/main.html>

## **Videos**

- Truth and fiction coronavirus | gregg braden:  
<https://www.youtube.com/watch?v=zwis37sy6k>
- Susceptibility to the coronavirus? No one is talking about this:  
<https://www.youtube.com/watch?v=cjuopvmde7k>
- The immune system - medical research council:  
<https://www.youtube.com/watch?v=g4jobv6-bfa>

# **Chapter 2: Healthy Lifestyle And What To Avoid**

## **Articles**

- Getting your body ready for flu season:  
<https://aberfoylefamilychiropractic.com/myths-stretches-and-boosting-your-immune-system/>
- Foods and drinks that compromise your immune system:  
<https://www.piedmont.org/living-better/foods-and-drinks-that-compromise-your-immune-system>
- 6 immune system busters & boosters:  
<https://www.webmd.com/cold-and-flu/cold-guide/10-immune-system-busters-boosters#1>
- Healthy lifestyle: 5 keys to a longer life:  
<https://www.health.harvard.edu/blog/healthy-lifestyle-5-keys-to-a-longer-life-2018070514186>

## **Video**

- The effects of hyperglycemia on the immune system:  
<https://www.youtube.com/watch?v=ytsytd29i9y>
- How does cigarettes affects the body - krishna sudhir:  
<https://www.youtube.com/watch?v=y18vz51nkos>

## Chapter 3: Food To Heal

### *Articles*

- 6 benefits of reishi mushroom (plus side effects and dosage):  
<https://www.healthline.com/nutrition/reishi-mushroom-benefits#section2>
- 3 vitamins that are best for boosting your immunity: eating right is a critical step to ward off illness:  
<https://health.clevelandclinic.org/3-vitamins-best-boosting-immunity/>
- 16 foods that boost and improve your immune system:  
[https://www.onhealth.com/content/1/immune\\_system\\_boosting\\_foods](https://www.onhealth.com/content/1/immune_system_boosting_foods)
- Are carrots good for the immune system?  
<https://healthyeating.sfgate.com/carrots-good-immune-system-2458.html>
- Your immunity-boosting shopping list:  
<https://furthermore.equinox.com/articles/2020/03/immunity-boosting-shopping-list>
- Take control with this autoimmune protocol diet shopping list:  
<https://listonic.com/autoimmune-protocol-diet-shopping-list/>

### *Video*

- Let food be thy medicine - university of california television (uctv):  
<https://www.youtube.com/watch?v=p79d6u-6pn4>

## Chapter 4: Supplements For Support

### *Articles*

- Vitamin c - strengthens the immune system in 20 different ways:  
<https://www.doctorsformulas.com/en/category/newsposts/vitamin-c-strengthens-the-immune-system-in-20-different-ways.htm>
- The role of vitamin e in immunity:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/pmc6266234/>
- Vitamin e and immunity:  
<https://www.ncbi.nlm.nih.gov/pubmed/10714244>
- Cold and flu: sorting out supplements for the common cold:  
<https://www.uspharmacist.com/article/sorting-out-supplements-for-the-common-cold>

### *Video*

- 3 dietary supplements for maintaining a healthy immune system --  
ctca medical minute:  
<https://www.youtube.com/watch?v=oocvycpd9ua>



# Chapter 5: Managing Stress In Your Life

## *Articles*

- Optimism and immunity: do positive thoughts always lead to positive effects?:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/pmc1948078/>
- What happens when your immune system gets stressed out? How stress impacts your immunity – and how to chill out:  
<https://health.clevelandclinic.org/what-happens-when-your-immune-system-gets-stressed-out/>
- Stress weakens the immune system: friends, relaxation strengthen health: <https://www.apa.org/research/action/immune>
- How to reduce stress:  
<https://thehealthychef.com/blogs/wellbeing/how-to-reduce-stress-heal-your-immune-system>

## *Videos*

- All it takes is 10 mindful minutes | andy puddicombe:  
<https://www.youtube.com/watch?v=qzr62jjcmbq>
- Daily calm | 10 minute mindfulness meditation | be present:  
<https://www.youtube.com/watch?v=ztoicychiou>
- How stress affects your body - sharon horesh bergquist:  
<https://www.youtube.com/watch?v=v-t1z5-optu>

# Chapter 6: Exercising And Detoxifying

## *Articles*

- 4 yoga poses to boost immunity:  
<https://www.mindbodygreen.com/0-17353/4-yoga-poses-to-boost-immunity.html>
- How pilates boosts immunity:  
<https://www.kinesispilatesdenver.com/blog/2019/11/3/how-pilates-boosts-immunity>
- Immune health: detoxification and cleansing to support a healthy immune system: <https://www.nutritionaloutlook.com/immune-support/immune-health-detoxification-and-cleansing-support-healthy-immune-system>
- Feeling under the weather? Practice these 5 immunity boosting yoga poses <https://www.yogiapproved.com/yoga/immune-system-yoga-for-immunity/>
- Feeling under the weather? Practice these 5 immunity boosting yoga poses: <https://www.yogiapproved.com/yoga/immune-system-yoga-for-immunity/>

# Chapter 7: Sleep And Renewing The Body

## **Articles**

- The science of sleep: how sleep affects your immunity:  
<https://www.sleepfoundation.org/articles/how-sleep-affects-your-immunity>
- Put the phone away! 3 reasons why looking at it before bed is a bad habit: <https://health.clevelandclinic.org/put-the-phone-away-3-reasons-why-looking-at-it-before-bed-is-a-bad-habit/>
- Healthy sleep tips:  
<https://www.sleepfoundation.org/articles/healthy-sleep-tips>
- How to design the perfect bedtime routine:  
<https://www.sleep.org/articles/design-perfect-bedtime-routine/>
- Sleep tips: 6 steps to better sleep:  
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

## **Websites:**

- <https://www.sleepfoundation.org/>
- <https://www.sleep.org/>

## **Video**

- Guided meditation before sleep: let go of the day:  
<https://www.youtube.com/watch?v=5itkfglcb5e>



# Chapter 8: Essential Oils

## *Articles*

- Essential oils for immune health:  
<https://fullscript.com/blog/essential-oils-for-immune-health>
- 10 essential oils to strengthen your immune system:  
<https://bestaromatherapyproducts.com/blog/10-essential-oils-to-strengthen-your-immune-system/>
- Fall immune-boosting essential oil recipe:  
<https://www.gardenoflife.com/content/fall-immune-boosting-essential-oil-recipe/>
- Tea tree oil: [https://www.rxlist.com/tea\\_tree\\_oil/supplements.htm](https://www.rxlist.com/tea_tree_oil/supplements.htm)
- Twelve essential oils to relieve a cough:  
<https://www.medicalnewstoday.com/articles/321199>

## *Video*

- 4 essential oils to relieve a cold - doctoroz:  
[https://www.youtube.com/watch?v=edxqdt0u\\_ro](https://www.youtube.com/watch?v=edxqdt0u_ro)

# Chapter 9: 21-Day Plan

## *Articles*

- How to boost your immune system:  
<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
- The immunity-boosting meal plan: eat yourself healthy with this seven-day diet: <https://www.chatelaine.com/recipes/the-immunity-boosting-meal-plan/>

- Your 7-day immunity boosting eating plan: from breakfast, lunch and dinner to snacks and dessert - this is your menu to staying well this winter:  
<https://www.bodyandsoul.com.au/nutrition/nutrition-tips/your-7day-immunity-boosting-eating-plan/news-story/63b993e3603a962273b1d87d8785a192>
- 21 day anti inflammatory diet to detox and reduce inflammation:  
<https://www.merakilane.com/21-day-anti-inflammatory-diet-to-detox-and-reduce-inflammation/>

## Chapter 10: Recipes To Boost Your Immune System

### *Articles*

- 25 super easy recipes to boost your immune system:  
<https://www.lifehack.org/articles/lifestyle/25-super-easy-recipes-boost-your-immune-system.html>
- Immune-friendly recipes:  
<https://www.bbcgoodfood.com/recipes/collection/immune-friendly>
- Immune-boosting recipes to get you through flu season:  
<https://www.thedailymeal.com/healthy-eating/immune-boosting-recipes-get-you-through-flu-season-slideshow>
- 45 quick and easy immune-boosting recipes:  
<https://www.delicious.com.au/recipes/collections/gallery/45-quick-and-easy-immune-boosting-recipes/8a801jim>

### *Video*

- 3 immune boosting juices - healthy grocery girl:  
<https://www.youtube.com/watch?v=afx3uvqfm94>
- Immunity-boosting foods – tasty:  
<https://www.youtube.com/watch?v=k9hqdhjtjpi>