

Immune Support Protocol

When you ask a doctor, *"What is the most important function in our body?"* They will tell you that your immune system is the thing to keep strong. Our immune system is supported by our blood, lymph nodes, and gut. Supplements high in antioxidants are a must, but also a good diet, exercise, and getting enough sleep are important in supporting your immune system. The following is recommended to support all areas of your immune system. You may add additional supplements to this protocol, such as Super Cal Plus, Super B, and Essentialzumes-4, or any that you are already taking.

The immune system is a complex network of cells and proteins that defends the body against infection. The immune system keeps a record of every germ (microbe) it has ever defeated so it can recognize and destroy the microbe quickly if it enters the body again.

By using plants and minerals to support your immune system, your body is able to recognize them, and how to use them best to support the body! This contributes to increased energy by keeping your immune system 'high' and out of the constant cycle of fighting off/recovery from illness after illness! If you get sick more than three times a year, you need to make some lifestyle changes to support your immune system. Period!

As you have noticed each month builds on top of the other. You will not be adding in additional products this month depending on the products you choose for the first two months. Remain consistent with your regime and you will notice a difference. You are trying to build a strong foundation of wellness; supporting your body systems instead of being reactive and treating the symptoms.

Supplements for this Protocol:

- Super C Supplement (antioxidant and immune support)
- Life 9 Probiotics (Probiotic for immune support and gut health)
- NingXia packets (immune support and gut health)

Ideal Supplement Schedule

As Needed

- DiGize – use topically as needed throughout the day as a carminative and antispasmodic for symptomatic relief of digestive discomfort

Before Breakfast

- Super C – Take 2 tablets with breakfast (if you forget, take them with breakfast)

Breakfast

Continue using

- Super B - Take 1 tablet with breakfast

- Endoflex - roll over your thyroid, adrenals, or vita flex points for the glands of the endocrine system
- 2oz packet of Ningxia Red (can be taken in the afternoon instead)

Lunch

Continue using

- Super B - Take 1 tablet with lunch.
- 2oz packet of Ningxia Red (if the afternoon slump is an issue take your Ningxia with a nutritious lunch)
- Essentialzymes-4 – Take 2 capsules (one dual dose blister pack) twice daily with the largest meals.

Dinner

- Essentialzymes-4 – Take 2 capsules (one dual dose blister pack) twice daily with the largest meals.

Bedtime:

Continue using

- Cedarwood - diffuser 4-6 drops and/or place a drop in your palm and apply between your eyes and down the bridge of your nose. Inhale from your palms.
- Life 9 – take 1 tablet following a meal or as needed

***Note:** read the labels or refer to the Young Living website for further information on the products mentioned*

Additional products to step up your game:

Immune Supporting

- Olive Essentials (support blood)
- Inner Defense (helps support immune function and flushing)
- ImmuPro (for zinc and better sleep)

How long should I use this protocol?

Every person's needs are different, and everyone's situation is different. Some may need to take this type of protocol every day, while others may only need it during certain seasons. 30 days of consistent use should be enough time to see how you feel. Please be your own best advocate and continue to listen to your body, ask questions, and educate yourself.

Immune Support Capsules

Immune Support Daily Capsule Recipes Using Plus/Vitality Oils

- Recipe: 3 drops Thieves, 1 drop Oregano
- Recipe: 3 drops Frankincense, 1 drop Orange, 1 drop Lavender
- Recipe: 2 drops Lemongrass, 2 drops Copaiba, 1 drop Basil
- Recipe: 1 drop Cinnamon Bark, 1 drop Clove, 1 drop Bergamot
- Recipe: 2 drops Lavender, 1 drop Frankincense, 1 drop Oregano
- Recipe: 2 drops Bergamot, 1 drop Basil, 1 drop Thyme, 1 drop Lemon
- Recipe: 1 drop Rosemary, 1 drop Peppermint, 1 drop Black Pepper
- Recipe: 2 drops Clove, 1 drop Lemon, 1 drop Lavender

Directions

Create a synergy first and then add 2-4 drops to a 0 or 00 size veggie capsule with a carrier oil, or simply add the desired recipe, then top off with a minimum of 4 drops olive or grapeseed carrier oil. Consume with 4-8 oz. of water.

Storage

You may create multiple capsules ahead of time or create one each day. Keep in the freezer in a labeled glass container.

How long should you use these capsules?

- Do not take multiple recipes at the same time. Use only one for a couple of days and then rotate through a few to see what works best for your body.
- There are two types of Vitality line essential oil capsules you may make: daily capsules or bomb capsules.
- Daily capsules may be created as a recipe states and used for daily support.
- Bomb capsules may be created using double or triple the recipes to create a 'bomb' for your system. A 'bomb' is a stronger capsule intended to give more aggressive support. Bombs should only be used 1-2 times over the course of 4-8 hours and only once per month. Please consult your doctor if you are sick.
- Daily capsules and bombs are meant to help support your terrain, meaning they strengthen your already healthy systems, protecting them from dipping below the wellness line.
- Do not take multiple capsules for multiple systems at the same time. Give at least four hours between capsules.

Note: *this is not a complete digestive system protocol but a suggestion to get you started. To dive deeper into what you might need, please contact the person who invited you to the group or use the 'Contact Me' button on the page and someone will get back to you to answer your questions.*