

IMMUNE SYSTEM BOOST

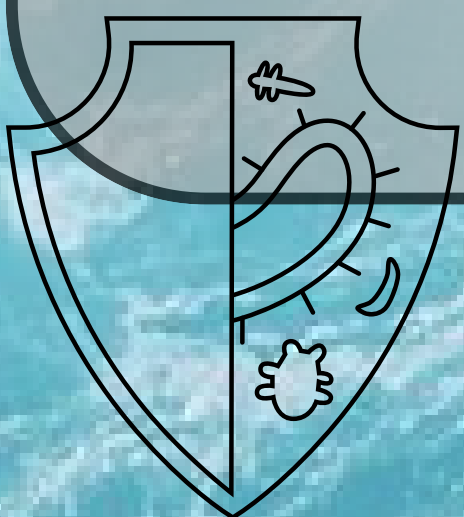


**WITH AWAKENING WELLNESS
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DOCTOR OF PHYSICAL THERAPY | YOGA INSTRUCTOR**

It's that time of year when you walk around outside, in the gym, at work, and it seems most people around you are sniffing, coughing, sneezing, or lost their voice.

The immune system is one of the bodily functions that we are not typically consciously aware of until we feel something is off. Meaning most people are not taking action now, prior to the sensation of unwanted symptoms.

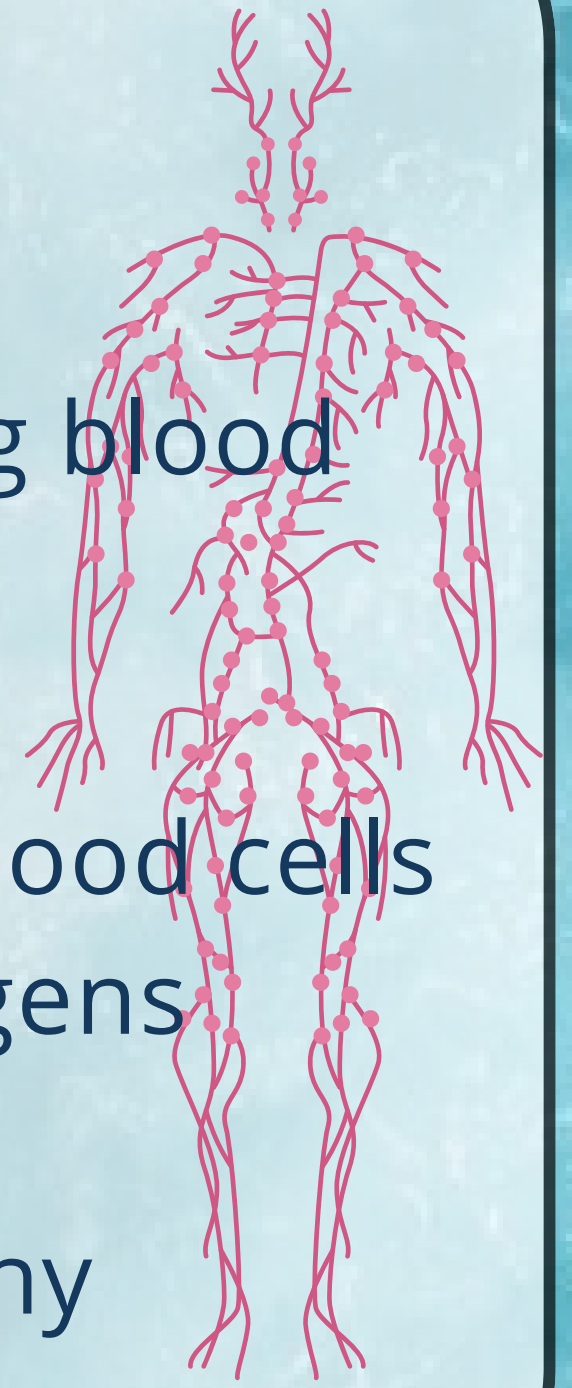
There are countless preventative measures to take to optimize your immune system function and overall health, but if it is too late and you are already feeling the imbalance, below are some suggestions to help get you feeling your best, but first a brief understanding



ANATOMY

6 key components to your immune system:

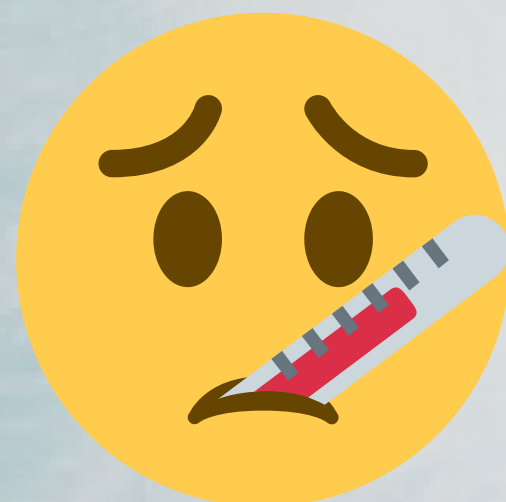
1. Lymphatic system-lymph contains infection fighting blood cells and removes unwanted toxins and waste
2. Respiratory system-clears air and pathogens
3. Skin- barrier to environment and contains white blood cells
4. Lymphocytes- B cells and T cells to fight off pathogens
5. Spleen- stores WBC and filters blood
6. Gut microbiome- good bacteria essential for healthy immune system function



WHAT CAN REDUCE YOUR IMMUNE SYSTEM

Our immune system enhances with gradual exposure

- Lack of sleep
- High levels of stress/anxiety
- Processed foods
- Insufficient vitamin intake
- Staying indoors/avoiding the sun
- Overstimulation/chronic sympathetic state
- Not getting exercise
- Alcohol/smoking
- microplastic build up
- non organic foods
- Using sanitizers all the time killing friendly microbes
- Many Medications
- Negative thoughts
- Negative social interactions



I will not be discussing all the specific details on the precise benefits to each tip provided on the following page. I suggest if you are interested to incorporate these into your life, to self study and do independent research on your own, enhancing integration and understanding if it aligns with your individual experience.

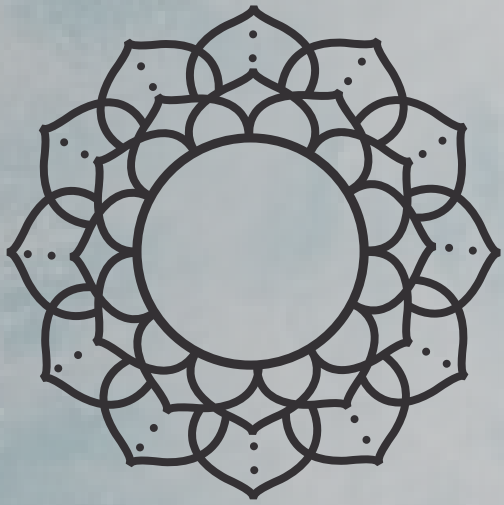
TIPS TO OPTIMIZE IMMUNE SYSTEM FUNCTION

PERSONAL RECOMENDED HEALTH HACKS. (NOT MEDICAL
ADVICE AND IT IS RECOMMENDED TO CONSULT YOUR
PHYSICIAN FOR ANY HEALTH CHANGES)

- REDUCE STRESS (AND ENHANCE STRESS TOLERANCE)
- HIGH QUALITY AND QUANTITY PROPER SLEEP
- RESTORATIVE EXERCISE/ACTIVITY (LIGHT MOVEMENT, YOGA, QIGONG, WALKING, SWEATING, SAUNA)
- MEDITATION, VISUALIZATION
- NATURAL SUNLIGHT EXPOSURE-VITAMIN D
- BAREFOOT GROUNDING ON THE EARTH/GET IN NATURE
- DAILY COLD EXPOSURE, PLUNGES,SHOWER
- EXPOSED TO HEAT/SAUNA USE
- ZINC, VIT C, D3, ANTIOXIDANTS, MAGNESIUM, ELDERBERRY, GARLIC, GINGER, TURMERIC, ECHINACEA SUPPLEMENTATION
- BONE BROTH, SEA MOSS, ADAPTOGENIC MUSCHROOMS, BEE HONEY,PROPOLIS
- PROPER NUTRITION AND WATER INTAKE (HIGH PROTEINS)
- NASAL BREATHING (DOWNREGULATE THE NERVOUS SYSTEM)
- FASTING (CONSERVE ENERGY AND CLEAR THE GUT TO HEAL)
- PROPER GOOD QUALITY/QUANTITY OF WATER
- PROBIOTICS FOR GUT MICROBIOME HEALTH
- OILS, EUCALYPTUS, THIEVES
- FULL BODY SHAKING JUMPING -LYMPHATICS SYSTEM MOVEMENT
- AVOIDING INFLAMMATORY FOODS/SUGAR
- SEXUAL ENGAGEMENT
- POSITIVE THOUGHTS, GRATITUDE
- LAUGHING, SINGING, DANCING, MUSIC



CONTACT ME WITH ANY QUESTIONS OR CONCERNS



1:1 SESSIONS AVAILABLE

UNDERSTAND THAT I AM NOT HERE TO SELL MYSELF TO YOU, OR TO JUST MAKE A QUICK BUCK. THIS IS MY PASSION, A LOVE. I HAVE FOUND THIS TO BE JUST ONE OF THE PATHS FOR ME TO BE IN SERVICE. I DESIRE TO PROVIDE WHAT I HAVE TO THE WORLD WITHOUT ATTACHING TO THE FRUITS OF ACTIONS.

A 1:1 SESSION WITH ME COULD OFFER YOU THE TIME AND SPACE TO BE WHERE YOU WANT TO BE, TO LEARN ABOUT YOURSELF, AND MAYBE TAP INTO AREAS OF POTENTIAL YOU DIDN'T KNOW EXISTED.

IF YOU FEEL CALLED, GO AHEAD AND SCHEDULE YOUR FIRST FREE CONSULT WITH ME TODAY ON MY WEBSITE OR SOCIAL MEDIA, AND WE CAN MOVE FORWARD IF IT ALIGNS 😊

THANK YOU FOR TAKING THE CONSCIOUS TIME TO DEDICATE THIS GROWTH TO YOURSELF. I AM HERE WITH YOU AND FOR YOU. WITH EXTREME THANKS AND GRATITUDE, FROM ME TO YOU. PLEASE CONTACT ME WITH ANY FEEDBACK OR QUESTIONS.



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