

# **The Pre- Diabetic's 5 steps to improving immunity NOW!**

**Jennie Hays, LP, C-NLPP, CHC**  
JENNIEHAYS.COM

# Achoo!

The reaction used to be "God Bless You" but now people recoil in fear. 2020 has been unusually deadly. We've had 2 rounds of flu resulting in over 8,200 deaths and now Coronavirus is attributed to over 100,000 deaths in the U.S. alone. Most who've died have had some type of metabolic disease including pre-diabetes! We are making headway due to social distancing and hand washing, but what if there was more that we could do to protect ourselves? What if you had another layer of protection? Here are 5 Immunity Boosters that just might make the difference.



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## Immunity Booster #1

# Get Quality Sleep

Stress can impact your sleep and if you notice symptoms like

- yawning or fatigue
- moodiness or irritability
- difficulty learning new concepts.
- forgetfulness.
- inability to concentrate or a “fuzzy” head.

you may be sleep deprived.

Some easy tips to improve sleep

- Turn off electronic devices 1 hr before bed time
- Set a regular schedule for sleep and waking (even weekends and when off work)
- If you sneak a nap make it no longer than 20 minutes to help reduce that groggy feeling after!

## Immunity Booster #2

# Be Social

Even in this time of Social Distancing it is worth it to stay connected. Countless studies show immune benefit for people in community. How to maintain that immune boost when you can't go party with the girls?

- Pick up the phone and call!
- Use a teleconferencing program like Zoom. (It's free for the first 40 min.)
- Face time a friend and dance or play a game
- Sit down and write a letter...yep who doesn't like to get mail?
- Schedule time with your house mates/family to play or learn something new daily

**Avoid using social media as your only connection.** It is tied to reduced self-esteem and unhappiness which can lower your immunity.

## Get Back to God

Grandma was right. Prayer is good for the soul and the body. The Mayo Clinic concluded, "Most studies have shown that religious involvement and spirituality are associated with better health outcomes, ... **Several studies have shown that addressing the spiritual needs of the patient may enhance recovery from illness.**"

So what can you do?

- Take 5 minutes before you rise or even the 2 minutes while brushing your teeth to say a prayer of thanks for the day
- Do an online daily devotional or Bible study
- Make a gratitude list
- Check out an online Church service

God never said we wouldn't get sick, in fact he assured us that we would have suffering in this world, but He is there to support and help us.

## Immunity Booster #4

# Get off the couch

Sitting on the couch binge watching Netflix may be a nice change, but your body will thank you for moving more than just reaching for the remote. You need movement (notice I didn't say exercise) to get your lymph system going. The lymph system is VITAL for immunity as it works hard to get those nasty bugs out of our system and it only takes a little movement to get it flowing.

- Play tag with the kids
- Dance on Face time with your friends
- Spend time in nature...6 feet away from others of course.

Or maybe you are even bored enough to clean house.....OK, I know that might be pushing it. But even something as simple as putting away the dishes is enough to get that lymph flowing and boost your immunity!

A background image of a plate of food. On the left, there are several pieces of golden-brown fried chicken. In the center, there is a piece of pink salmon. On the right, there are some vegetables, including what looks like a carrot and some green leafy vegetables. The plate is white and the background is a dark, reddish-brown color.

## Immunity Booster #5

# Eat real food!

In a time where you aren't sure what food will be at the grocery you can still eat in a way that boosts your immunity by picking the best of the foods available.

- Avoid food in boxes and bags--the closer to nature the better
- Try to avoid starchy foods
- Avoid sugars, even natural sugars like fruits if you can
- Proteins and fats are filling so focus on eating well marbled meats (even 80/20 ground beef works)
- If you must eat starches try to get whole grains and higher fiber foods

While not completely ideal, the above will keep your sugars more regulated than processed foods until you can return to a plan designed for your body and lifestyle.

# Give yourself and your loved ones the best opportunity to stay healthy!

Are you ready to learn how to reverse your pre-diabetes for good and say goodbye to the ever looming threat of diabetes and it's effects like heart disease, blindness, amputation, decreased immunity, and early death? Do you want someone who knows how the body works and can help you discover how to program yours for a long, healthy life? Are you ready to make the changes needed to get back your energy and just feel better?

**I AM READY!**

**Attract\***

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