



Immunity Boosting Eating Plan

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Immunity Boosting Eating Plan

By following the *Immunity Boosting Eating Plan*, you'll soon be able to enjoy the following:

- Less pain
- Less stuffy breathing
- Better digestion
- Better absorption of nutrients
- Weight normalization
- Stronger immune system
- A more balanced body chemistry
- Increased energy
- More clear skin
- Fewer cravings
- Less dependence on pharmaceuticals
- Balanced blood sugar

Isn't that what you want? All of these things will allow you to lead a more vibrant, healthy and abundant life!

It can be overwhelming, at first, to start eating to boost your immunity. It can be confusing and frustrating, too. You've been sold so many lies about our food that it's hard to know the truth these days.

Following the *Immunity Boosting Protocol* will jump start your healing journey. It's like a roadmap, and it will prevent you from taking a detour into a Dead End. The more closely you follow the map, the more quickly you'll arrive at your destination.

"A healthy outside starts with a healthy inside."

— *Robert Urich*

The Immunity Boosting Eating Plan

Now it's time to get down to the nitty gritty details of the *Immunity Boosting Eating Plan*! Following this as closely as possible will ensure that you will get prepared for success, detox properly, and enjoy the long-lasting benefits of healthier eating.

Real Food

The *Immunity Boosting Eating Plan* has real food at the core. Our bodies are nourished by fruits, vegetables, nuts, seeds, beans and grains. And even though real, some foods are not beneficial. As a result, the basic protocol has you add in healthy foods, while eliminating those that are not.



"The best way to minimize your exposure to industrial toxins may be to eat as low as possible on the food chain, a plant-based diet."

— Michael Greger

Plan and Prep for Success

One of the biggest saboteurs to following the *Immunity Boosting Eating Plan* is being hungry and not having enough food on hand when you need it. Planning ahead and being prepared will improve your results. To ensure your greatest success, take a look at the following tips and tricks:

- Using a Shopping List, plan your meals
- Use bulk cooking methods where possible
- Gather your supplies and do your shopping
- Learn to read labels
- Clean out your pantry of tempting foods
- Stock your cupboard with acceptable snacks
- Purchase any supplements you need
- Block your calendar to plan, shop, and prepare
- Schedule meditation into your day
- Start a food/feel journal to document your progress
- If you're a smoker, stop
- Take a few naps to build your strength
- Add physical activities and movement, if possible

Now You're Ready!

Now you have all the details of the *Immunity Boosting Eating Plan!*

"Our children's health and well-being are dependent on our commitment to promoting food access and good eating habits at home, at school, and in the community."

— Rod Blagojevich