



# Immunity Boosting Guide

Your Path to Vibrant Health

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## Disclaimer

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## Welcome to the *Immunity Boosting Guide*

I'm so proud of you for making the decision to take control of your life and control of your health! You know that the time has come to take advantage of your body's natural healing knowledge and feed it the right information.

### WHAT THIS ISN'T

The *Immunity Boosting Guide* is not for you if you:

- Are looking for a quick fix
- Are unwilling to make changes
- Are uncommitted

If that's you, let me be frank: your results will be lackluster. What you'll soon find out is that I'm a Food Meanie. For real. And only those who are looking at long term vitality, are willing and open to change, and are committed to the process will succeed.

For optimal results, following the suggestions for detoxing and elimination is important so that you can reduce inflammation and boost your own immune system. If you are willing to take responsibility for your own health, and you're done with being a victim, then let's go!



## What You Can Expect

- Healthier, more vibrant skin
- Less bloating
- Calibration to your natural weight
- Reduction in lumpy cellulite
- Fewer food cravings and addictions
- Improved internal bacterial flora
- Stronger immunity to fight viruses and bacterias
- Balanced hormones
- Improved sleep cycles
- Clarity in thinking
- More energy
- Greater stamina
- Fewer mood swings
- Increased sex drive

If you like these ideas, then the *Immunity Boosting Protocol* is for you! Through these pages, you'll get some new tools and a roadmap for every step of the way!

## Kevyn Kennedy, Naturopathic Doctor

**"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."**

— *Thomas Edison*

# Chapter 1: Immunity Boosting for Life

## The Immunity Boosting Philosophy

Over time and much study of nutrition and health, I've finally mastered the *Immunity Boosting Protocol* that I use with my clients. But it wasn't always like that. In fact, I had a completely different life than I do now.

Like you, I was hurting. I was sick. I had been diagnosed with a Mystery Illness, for which there was no known cure. My medical doctor could only offer painkillers and anti-inflammatories, which only mask symptoms and do not cure anything.

In the beginning, I was so excited to be validated by being diagnosed with Fibromyalgia and finally having a name for my illness. But in reality, that didn't stop the pain. I was no better off. In fact, I was worse because of the side effects of the medications!

I had no energy. I cried all the time. I was cranky. I was miserable! Every day, I just tried to make it through. As a professional and a mom, I was burning the candle at both ends, trying to make ends meet and raise my son. Things had spiralled out of control.

Out of desperation, I finally went to see a Naturopath who was also a Chiropractor. She told me how to change my diet so I could use my food as medicine. I thought she was crazy and I told her so! She asked if I had any better ideas, and quite frankly, I was fresh out!

I left her office that day with renewed hope that I might actually feel alive again one day. It was worth trying at this point. I did exactly what she told me.

I stuck with it to the letter. I didn't cheat once (promise)! Deep inside, I knew that this was the path I needed to take for healing. It wasn't fast, but over the first six months, I lost 25 pounds and began to feel better.

**"A healthy body is a guest chamber for the soul: a sick body is a prison."**

— Francis Bacon



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Finally, I had more energy. I enjoyed my day and was ready to play with my son and help him with his homework. I wasn't weepy anymore, and I was actually fun to be around! Over time, the difference between who I was then and who I was becoming made me know that I was on the right track.

I began NAET treatments with a local practitioner, and soon I was symptom free and have been ever since!

As time went on, my dedication to helping people heal led me to change careers. I went back to school after the age of 50 to become a Naturopath. Later, I became an NAET practitioner, too. I'm ever evolving because I'm always studying the latest science around healing and food.



**"Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being."**

*– Greg Anderson*

# What Causes Pain

Generally speaking, there are only two reasons for pain.

The first is from trauma to the body through an accident or event. Maybe you've had a car wreck, or maybe you fell and broke your wrist. These types of pain usually need medical intervention.

The second is from pathogens, commonly known as viruses, bacteria, and heavy metals. They cause symptoms from stuffiness to joint inflammation to innumerable digestive issues. These pathogens take up Headquarters in your liver and thyroid, and then, they colonize and duplicate around your body when those organs get overloaded.



# Weed Wacker

Viruses and bacterias are all around us -- hundreds of them! Day in and day out, we are exposed to them in our foods and in our social encounters with the people we meet and talk to. They're like weeds that sprout in the middle of a beautiful, green lawn, popping up when it's least convenient.

Sometimes, weeds can completely overtake a lawn or garden. And that's when the lush green carpet loses its vibrancy, and the bugs get to the tomatoes.

Consider how many of us approach weeds in our lawns or gardens today. We've been trained to apply weed killer. And that's what many of us do when faced with the aches and pains in our bodies -- we apply pharmaceuticals to kill the weeds.

And what usually happens after we've anesthetized the pain? Just like the weeds after applying weed killer, eventually, the pain returns, and sometimes with a vengeance.

So, how do we get rid of the weeds in our bodies the natural way? Read on...

# Repairing the Foundation

The unseen problem with our weed infested garden is the foundation. It's actually the foundation of the yard that's sick. There's something out of alignment there, something out of balance.

If you're hurting, regardless of the symptom, it's important to repair the foundation in order to build anew. And that begins with food. Instead of feeding the weeds -- the bacteria, the viruses -- you feed the foundation. The food choices you make determine what sprouts.

Soon, your body creates an environment where weeds won't grow! Pain naturally reduces because inflammation reduces, which is the likely invader in the first place!

