

JJVIRGIN

Super Immune Secrets MASTERCLASS WORKSHEET

Little known strategies you can use right now to become Immune Strong

1. Self care is _____.

2. _____ may lower your immune system function for hours after you eat it.

3. 80% of your immune system resides in your _____.

4. Vegetables support a healthy immune system because they contain _____ and _____.

5. _____ can help your body make new immune cells.

6. Hot _____ is great to drink between meals because it feeds the _____ and is _____.

7. Immune Power Foods are rich in 1 or more of these nutrients/compounds: vitamins A, C, D, _____ including glutathione and quercetin, and the minerals _____, magnesium, and selenium.

8. Look for foods high in _____, that have antibiotic and/or antiviral properties and are mucolytic.

9. The richest source of selenium comes from _____.

10. Red Peppers are a great source of _____.

11. Coconut contains a magical compound called _____ that is _____ .

12. Avocados are rich in fiber, healthy fats, and contain the powerhouse antioxidant _____.

13. Dark chocolate can activate _____ but be sure you choose one that is _____.

14. The best way to start is with _____ but you need supplements to get into _____ range.

15. Some of the top basics for your immune system are zinc, vitamin D, _____, vitamin C, vitamin A, _____, and Selenium.

16. Fish oil not only helps reduce inflammation and support a healthy heart and mood, it enhances the _____ by improving the ability of B cells.

17. The right form of silver is like internal _____.

18. Two nutrients that are nearly impossible to get from diet and lifestyle alone and that are critical for a strong immune system are _____ and _____.

19. _____ decreases with age.

20. The most important thing you can do for success is _____.



Take a photo or scan your completed worksheet and email to info@jjvirgin.com for a chance to win.

Please fill out your name, email and mailing address below so we know where to send your prize if you win. (Don't forget to check the box, And write *legibly!*)

Name

Email

Yes! Send me all your best articles, specials, and good news, oh my!

Mailing Address