IMMUNE SYSTEM HACKS
BONUS RESOURCES

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LEGEND:

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BENEFICIAL ☀

VERY BENEFICIAL ☀

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HACKS	ASPECT OF LIFE	BENEFITS / TYPE	ILLNESS PREVENTION	ILLNESS TREATMENT	ILLNESS RECOVERY	ANTIMICROBIAL	ANTIFUNGAL	ANTIBACTERIAL	ANTIVIRAL	AUTOIMMUNE	ALLERGY	CANCER	HEART DISEASE (CARDIOVASCULAR)	METABOLIC DISEASE	ACUTE INFLAMMATION	GENERAL OR CHRONIC INFLAMMATION	ANTIOXIDANT / OXIDATIVE STRESS	MICROBIOTA	EMOTIONS	MITOCHONDRIA	DETOXIFICATION	WEIGHT LOSS	DIGESTIVE	ENERGY / FATIGUE	BLOOD SUGAR REGULATION	STRESS / CORTISO L	NERVOUS SYSTEM HEALTH	MENTAL HEALTH	SLEEP	AUTOPHAGY	TRAUMA / PTSD	VACCINATION
1. MAKE FRIENDS WITH FUNGI	NUTRITION	REGULATE										☀	☀																			
2. SING YOUR HEART OUT	SELF EXPRESSION	REGULATE	☀	☀	☀							☀				☀										☀	☀	☀				
3. SOAK UP SOME LUNCHTIME RAYS	LIGHT	RESPONSE-ABILITY																														
4. EMBRACE GARLIC BREATH	NUTRITION	RESPONSE-ABILITY	☀	☀												☀	☀	☀														
5. SWITCH UP YOUR MORNING ROUTINE	CIRCADIAN RHYTHM	REGENERATE	☀	☀	☀					☀		☀	☀	☀		☀	☀	☀					☀	☀		☀	☀	☀	☀	☀		
6. CULTIVATE YOUR QI	THERAPIES	REGENERATE	☀	☀	☀					☀		☀				☀			☀													
7. AVOID LIGHT AT NIGHT	CIRCADIAN RHYTHM	REGENERATE	☀	☀	☀					☀						☀	☀															
8. EAT BERRIES	NUTRITION	REGENERATE	☀	☀	☀								☀			☀	☀	☀		☀												
9. LOOK FOR THE DEEPER CAUSE	MIND		☀	☀	☀					☀	☀	☀	☀			☀		☀	☀	☀		☀										
10. QUESTION YOUR ASSUMPTIONS	MIND		☀	☀	☀					☀		☀	☀			☀			☀	☀		☀				☀	☀	☀				
11. GET YOUR DOWNWARD DOG ON	EXERCISE	REGULATE	☀													☀					☀					☀	☀	☀				
12. TAKE A SHOT OF GINGER	NUTRITION	RESPONSE-ABILITY				☀					☀	☀				☀	☀					☀	☀		☀							
13. ACCEPT THE IMMUNE RESPONSE	MIND	RESPONSE-ABILITY		☀	☀																											
14. CONNECT WITH THE EARTH	NATURE	REGULATE	☀		☀					☀						☀	☀									☀	☀	☀	☀			
15. CREATE A RELAXING BEDTIME ROUTINE	SLEEP / CIRCADIAN RHYTHM	REGENERATE	☀	☀	☀					☀						☀	☀									☀	☀		☀			

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16. PRACTICE GRATITUDE	MIND	REGULATE	☀													☀			☀							☀	☀	☀	☀			
17. TRACK YOUR IMMUNE HEALTH WITH HRV	PHYSIOLOGY	REGULATE	☀													☀										☀	☀					
18. CUT DOWN ON REFINED CARBS AND SUGARS	NUTRITION	RESPONSE-ABILITY	☀													☀	☀					☀		☀	☀							
19. FAST TO REBUILD YOUR IMMUNE SYSTEM	NUTRITION	REGENERATE	☀	☀	☀	☀	☀	☀				☀		☀		☀					☀	☀	☀	☀	☀					☀		
20. PRACTICE TAI CHI	EXERCISE	REGULATE	☀	☀	☀																		☀			☀	☀	☀	☀			
21. WATCH YOUR COOKING TEMPERATURES	NUTRITION	RESPONSE-ABILITY	☀		☀								☀			☀	☀															
22. LAUGH	EMOTION	REGULATE	☀	☀	☀														☀							☀	☀	☀				
23. TURN DOWN THE HEAT	ENVIRONMENT	RESPONSE-ABILITY	☀							☀						☀	☀					☀								☀		☀
24. BE ENVIRONMENTALLY CONSCIOUS	MIND	REGENERATE	☀										☀	☀		☀	☀	☀		☀	☀	☀	☀	☀	☀	☀	☀	☀				
25. CLOSE YOUR MOUTH	BREATH	REGULATE	☀	☀	☀						☀					☀				☀		☀	☀	☀		☀	☀	☀	☀			
26. INCREASE YOUR STOMACH ACID	PHYSIOLOGY	REGENERATE	☀	☀														☀					☀									
27. TRY ACUPUNCTURE OR ACUPRESSURE	THERAPIES	REGENERATE	☀							☀	☀								☀				☀									
28. TOSS THAT MOUTHWASH	MICROBIOTA	RESPONSE	☀													☀		☀														
29. RETHINK ANTIBIOTICS	MICROBIOTA	RESPONSE	☀		☀	☀												☀														
30. ACTIVATE YOUR CALMING SYSTEM	PHYSIOLOGY	REGULATE	☀	☀	☀																			☀		☀	☀	☀	☀			

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31. PRACTICE THE WIM HOF METHOD	PHYSIOLOGY	REGULATE	☀	☀	☀					☀						☀				☀						☀	☀	☀	☀	☀		
32. CHECK YOUR BODY FAT	PHYSIOLOGY	RESPONSE-ABILITY	☀		☀					☀	☀		☀			☀						☀										
33. REDUCE INFLAMMATION	PHYSIOLOGY	RESPONSE-ABILITY	☀		☀					☀			☀			☀						☀		☀				☀				
34. GO FOR A STROLL IN THE FOREST	NATURE	RESPONSE-ABILITY	☀	☀	☀												☀									☀	☀	☀	☀	☀		
35. SPICE THINGS UP	NUTRITION	RESPONSE-ABILITY										☀	☀			☀	☀				☀											
36. INCREASE YOUR DEEP SLEEP	SLEEP/CIRCADIAN RHYTHM	REGENERATE	☀		☀											☀	☀												☀	☀		
37. MONITOR YOUR IMMUNE HEALTH	PHYSIOLOGY																															
38. PRACTICE LETTING GO	MIND	REGULATE	☀													☀			☀					☀		☀	☀	☀				
39. CONSIDEER A PROBIOTIC SUPPLEMENT	NUTRITION	RESPONSE	☀								☀		☀			☀		☀			☀	☀	☀					☀				
40. MAKE DANCE A DAILY HABIT	EXERCISE	REGULATE	☀																☀					☀		☀	☀	☀				
41. LOWER YOUR ELECTROMAGNETIC EXPOSURE	ENVIRONMENT	REGENERATE	☀		☀					☀		☀				☀	☀	☀		☀	☀		☀			☀	☀	☀	☀			
42. TAKE CARE OF YOUR LYMPHATIC SYSTEM	PHYSIOLOGY	RESPONSE-ABILITY	☀		☀											☀					☀			☀								
43. COMBAT DEPRESSION	MIND/EMOTION	REGULATE	☀		☀					☀						☀			☀							☀	☀	☀	☀			
44. LISTEN TO MUSIC	SELF EXPRESSION	REGULATE	☀													☀			☀				☀			☀	☀	☀				
45. FORGIVE OTHERS	MIND/EMOTION	REGULATE	☀																☀							☀	☀	☀	☀			

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46. GET MORE VITAMIN D	NUTRITION	REGENERATE	☀	☀	☀					☀	☀					☀																
47. BUILD A SAFE, SUPPORTIVE SOCIAL CIRCLE	SOCIAL	REGULATE	☀																							☀	☀	☀				
48. GET MORE SLEEP	SLEEP/CIRCADIAN RHTYM	REGENERATE	☀													☀	☀		☀		☀			☀		☀	☀	☀	☀	☀		
49. SUPPORT YOUR MITOCHONDRIA	PHYSIOLOGY	RESPONSE-ABILITY	☀		☀					☀	☀	☀				☀								☀				☀				
50. EASE ANXIETY	MIND/EMOTION	REGULATE	☀		☀											☀			☀					☀		☀	☀	☀	☀			
51. FEEL THE LOVE	EMOTION	REGULATE	☀															☀								☀	☀					
52. CULTIVATE CONFIDENCE	MIND/EMOTION	RESPONSE-ABILITY	☀													☀			☀							☀	☀	☀				
53. BREATH THROUGH YOUR NOSE	BREATH	REGULATE	☀			☀																		☀		☀	☀		☀			
54. WORK WITH YOUR ANGER	EMOTION	REGULATE	☀		☀											☀			☀							☀	☀	☀				
55. CHOOSE WHOLE, REAL FOODS	NUTRITION	REGENERATE	☀		☀						☀	☀	☀			☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀		
56. SOCIALIZE	SOCIAL	REGULATE	☀													☀			☀							☀	☀	☀				
57. GET ENOUGH SELENIUM	NUTRITION	REGENERATE	☀	☀	☀				☀			☀				☀												☀	☀			
58. INCREASE YOUR EZ WATER	LIFESTYLE	RESPONSE-ABILITY	☀																					☀								
59. WATCH YOUR IRON INTAKE	NUTRITION	RESPONSE-ABILITY	☀													☀	☀															
60. ASSESS YOUR NUTRITIONAL STATUS	NUTRITION	REGENERATE	☀																													

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61. MEDIDATE REGULARLY	MIND	REGULATE	☀		☀											☀			☀							☀	☀	☀	☀			
62 REDUCE YOUR CAFFEINE INTAKE	NUTRITION	REGULATE	☀		☀											☀										☀	☀		☀			
63. HEAL CHILDHOOD TRAUMA	EMOTION	REGULATE	☀							☀	☀	☀				☀			☀					☀		☀	☀	☀	☀		☀	
64. CHECK YOUR ZINC INTAKE	NUTRITION	RESPONSE-ABILITY	☀	☀	☀	☀				☀	☀					☀	☀															
65. TRUST YOUR PSYCHOLOGICAL IMMUNE SYSTEM	MIND	REGULATE	☀																☀							☀	☀	☀				
66. TRY OUT DIFFERENT TYPES OF FASTING	NUTRITION	REGENERATE	☀							☀		☀				☀	☀			☀		☀	☀	☀	☀		☀			☀		
67. SWITCH TO UNPROCESSED WHOLE GRAINS	NUTRITION	RESPONSE-ABILITY	☀													☀	☀	☀			☀	☀		☀	☀							
68. PRAY	MIND/SPIRIT	REGULATE	☀																☀							☀	☀	☀				
69. PRACTICE MINDFULNESS	MIND/SPIRIT	REGULATE	☀																☀							☀	☀	☀				
70. PLAY A MUSICAL INSTRUMENT	SELF EXPRESSION	REGULATE	☀									☀				☀			☀							☀	☀	☀				
71. GET MORE MAGNESIUM	NUTRITION	REGULATE	☀								☀	☀				☀				☀					☀	☀	☀	☀	☀			
72. HUG YOUR LOVED ONES	LIFESTYLE	RESPONSE	☀		☀														☀							☀	☀	☀	☀			
73. FORGET ABOUT MODERATION	MIND		☀													☀	☀	☀			☀	☀	☀	☀	☀	☀	☀	☀	☀			
74. EMBRACE THE SEASONS	NATURE/ NUTRITION	REGENERATE	☀		☀																											
75. EXERCISE DAILY	EXERCISE	REGULATE	☀		☀											☀	☀			☀		☀		☀	☀	☀	☀	☀	☀			

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76. SMILE MORE	PHYSIOLOGY	REGULATE	☀																☀							☀	☀	☀				
77. CRUNCH ON CRUCIFEROUS VEGETABLES	NUTRITION	RESPONSE-ABILITY	☀		☀	☀										☀	☀	☀		☀	☀		☀	☀								
78. CURB A SMOKING HABIT	LIFESTYLE	REGENERATE	☀									☀	☀			☀	☀			☀	☀					☀	☀					
79. BE CAUTIOUS OF 5G	LIFESTYLE	REGENERATE	☀		☀					☀	☀	☀				☀	☀	☀		☀				☀		☀	☀	☀	☀			
80. TAKE ECHINACEA FOR VIRAL INFECTIONS	SUPPLEMENTS	REGULATE	☀	☀	☀	☀			☀						☀		☀															
81. CONSIDER COLUSTRUM	SUPPLEMENTS	REGENERATE	☀		☀	☀			☀														☀									
82. PRACTICE SELF-LOVE	MIND/ EMOTIONS	REGULATE	☀																☀						☀	☀	☀					
83. LIVE WITH PURPOSE IN SERVICE TO OTHERS	MIND	RESPONSE-ABILITY	☀						☀							☀																
84. PACE YOURSELF	EXERCISE	REGULATE	☀															☀					☀			☀						
85. EAT PLENTY OF FIBER	NUTRITION	RESPONSE	☀		☀			☀	☀			☀	☀			☀		☀			☀		☀		☀							
86. WRITE EXCESSIVELY	SELF EXPRESSION	REGULATE	☀							☀	☀															☀	☀	☀	☀		☀	
87. TAP YOURSELF TO STRONGER IMMUNITY	THERAPIES	REGENERATE	☀		☀					☀	☀					☀			☀				☀			☀	☀	☀	☀		☀	
88. CUT DOWN ON ALCOHOL	NUTRITION	RESPONSE-ABILITY	☀							☀						☀	☀	☀					☀		☀				☀			
89. MOVE MORE, MUCH MORE	EXERCISE	RESPONSE-ABILITY	☀										☀			☀				☀		☀		☀	☀			☀	☀			
90. EAT YOUR FISH	NUTRITION	RESPONSE-ABILITY	☀		☀					☀	☀		☀		☀	☀												☀				

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91. FIND YOUR CREATIVE OUTLET	MIND	REGULATE	☀													☀			☀							☀	☀	☀			☀	
92. MIX WITH MICROBES	ENVIRONMENT	RESPONSE	☀							☀	☀					☀		☀														
93. FORGIVE YOURSELF	MIND/EMOTION	REGULATE	☀		☀					☀						☀			☀							☀	☀	☀			☀	
94. USE COCONUT OIL	NUTRITION	RESPONSE-ABILITY	☀	☀	☀	☀	☀	☀	☀							☀	☀	☀				☀		☀	☀							
95. CONSIDER STARVING A COLD AND A FEVER	PHYSIOLOGY	RESPONSE		☀	☀																											
96. CLEAN YOUR AIR	ENVIRONMENT	REGENERATE	☀							☀	☀					☀	☀	☀		☀	☀			☀								
97. REDUCE CHEMICALS IN YOUR FOOD	ENVIRONMENT	REGENERATE	☀							☀	☀					☀	☀	☀		☀	☀			☀								
98. TAKE PRECAUTIONS WHEN FLYING	LIFESTYLE	REGULATE	☀		☀										☀		☀															
99. FILTER YOUR WATER	ENVIRONMENT	REGENERATE	☀							☀						☀	☀	☀		☀	☀		☀	☀		☀						
100. CHANGE YOUR CLEANING AND PERSONAL CARE PRODUCTS	ENVIRONMENT	REGENERATE	☀							☀	☀					☀	☀	☀			☀			☀								
101. TURN OFF YOUR TV	LIFESTYLE	REGULATE	☀		☀														☀							☀	☀	☀	☀		☀	
102. CONSUME FOOD OF THE GODS	NUTRITION	RESPONSE-ABILITY	☀								☀		☀			☀	☀	☀	☀						☀			☀				
103. GET BLUE LIGHT AT THE RIGHT TIMES	LIGHT	REGENERATE	☀			☀								☀		☀	☀							☀				☀	☀			
104. VISIT A SAUNA	ENVIRONMENT	RESPONSE-ABILITY	☀							☀						☀	☀			☀	☀			☀		☀	☀	☀	☀	☀		
105. COMBAT COLDS AND SEASONAL ALLERGIES WITH ASTRAGALUS	SUPPLEMENTS	RESPONSE-ABILITY	☀	☀	☀			☀	☀			☀	☀			☀	☀								☀							

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106. UNDERSTAND THE SCHUMANN RESONANCE	NATURE	REGULATE	☀		☀											☀	☀		☀							☀	☀	☀	☀			
107. DRINK GREEN TEA	NUTRITION	RESPONSE	☀					☀	☀			☀	☀	☀		☀	☀								☀			☀				
108. CRY IT OUT	EMOTIONS	REGULATE	☀					☀					☀						☀							☀	☀	☀				
109. PAY IT FORWARD	MIND	REGULATE	☀													☀	☀		☀							☀	☀	☀				
110. CONSIDER LACTOFERRIN	SUPPLEMENTS	REGULATE	☀			☀	☀	☀	☀		☀			☀	☀	☀	☀					☀			☀							
111. SUPPORT YOUR MICROBIOTA	NUTRITION	RESPONSE	☀															☀														
112. REDUCE YOUR EXPOSURE TO HEAVY METALS	ENVIRONMENT	REGENERATE	☀							☀						☀	☀	☀		☀	☀			☀		☀		☀				
113. DRINK CEREMONIAL CACAO	NUTRITION	RESPONSE-ABILITY	☀								☀			☀	☀	☀	☀	☀	☀						☀	☀	☀	☀				
114. HEAL PTSD	PHYSIOLOGY	REGULATE	☀		☀					☀	☀			☀		☀	☀		☀	☀				☀		☀	☀	☀	☀		☀	
115. TAKE CARE OF YOUR BRAIN'S IMMUNE SYSTEM	PHYSIOLOGY	RESPONSE-ABILITY	☀													☀										☀	☀	☀				
116. CUT DOWN ON ACID-FORMING FOODS	NUTRITION	RESPONSE-ABILITY	☀											☀		☀																
117. INVEST IN YOUR HEALTH	MIND		☀																☀							☀		☀				
118. TAKE VITAMIN C	SUPPLEMENTS	REGENERATE	☀	☀	☀											☀	☀						☀			☀	☀	☀				
119. DRINK MORE WATER	NUTRITION	REGENERATE	☀													☀					☀		☀			☀						
120. TAKE CARE OF YOUR SKIN	PHYSIOLOGY	REGULATE	☀			☀					☀					☀		☀			☀											

IMMUNE SYSTEM HACKS
BONUS RESOURCES

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HACKS	ASPECT OF LIFE	BENEFITS / TYPE	ILLNESS PREVENTION	ILLNESS TREATMENT	ILLNESS RECOVERY	ANTIMICROBIAL	ANTIFUNGAL	ANTIBACTERIAL	ANTIVIRAL	AUTOIMMUNE	ALLERGY	CANCER	HEART DISEASE (CARDIOVASCULAR)	METABOLIC DISEASE	ACUTE INFLAMMATION	GENERAL OR CHRONIC INFLAMMATION	ANTIOXIDANT / OXIDATIVE STRESS	MICROBIOTA	EMOTIONS	MITOCHONDRIA	DETOXIFICATION	WEIGHT LOSS	DIGESTIVE	ENERGY / FATIGUE	BLOOD SUGAR REGULATION	STRESS / CORTISO L	NERVOUS SYSTEM HEALTH	MENTAL HEALTH	SLEEP	AUTOPHAGY	TRAUMA / PTSD	VACCINATION
121. SHAKE IT OFF	THERAPIES	REGULATE	☀																☀					☀		☀	☀	☀	☀		☀	
122. PAY ATTENTION TO MOON CYCLES	ENIRONMENT	REGENERATE	☀			☀																							☀			
123. ENJOY RAW HONEY	NUTRITION	RESPONSE-ABILITY	☀	☀		☀						☀				☀	☀	☀														
124. TAKE CHLORELLA DAILY	NUTRITION	RESPONSE-ABILITY	☀								☀		☀	☀		☀	☀				☀				☀							
125. BOOST YOUR MELATONIN LEVELS	SLEEP/CIRCADIAN RHYTHM	REGENERATE	☀		☀					☀						☀	☀			☀				☀					☀	☀		
126. MIX UP YOUR WORKOUTS	EXERCISE	RESPONSE-ABILITY	☀													☀	☀			☀	☀			☀	☀	☀	☀	☀	☀			
127. ACTIVATE AUTOPHAGY	PHYSIOLOGY	REGENERATE	☀			☀				☀		☀				☀	☀			☀	☀			☀						☀		
128. TAKE ELEUTHERO	NUTRITION	RESPONSE-ABILITY	☀	☀	☀	☀					☀	☀		☀		☀	☀								☀	☀						
129. USE THE RIGHT HERBS	SUPPLEMENTS	REGULATE	☀							☀	☀																					
130. EXPLORE MEDICAL ASTROLOGY	THERAPIES	RESPONSE-ABILITY	☀	☀						☀	☀			☀	☀	☀							☀	☀					☀			
131. UNDERSTAND THE MENSTRUAL CYCLE	PHYSIOLOGY	RESPONSE-ABILITY	☀							☀	☀				☀	☀																
132. PAY ATTENTION TO THE SUN	PHYSIOLOGY/ NATURE	REGULATE	☀										☀		☀				☀							☀	☀	☀	☀			
133. DRINK COCONUT WATER	NUTRITION	RESPONSE-ABILITY	☀										☀	☀		☀	☀								☀							
134. GO ORGANIC	NUTRITION	REGENERATE	☀													☀	☀	☀			☀											
135. TAKE A LUNCHTIME WALK	EXERCISE	REGULATE	☀													☀			☀					☀	☀	☀	☀		☀			

IMMUNE SYSTEM HACKS
BONUS RESOURCES

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136. WATCH OUT FOR THE BIG EIGHT	NUTRITION	RESPONSE-ABILITY	☀								☀				☀	☀	☀	☀			☀		☀	☀		☀						
137. APPLY THE PEACE AND HARMONY APPROACH TO YOUR IMMUNE SYSTEM	MIND/EMOTION	REGULATE	☀	☀	☀					☀	☀					☀		☀														
138. PRACTICE INTERMITTENT HYPOXIC BREATHING	BREATH	RESPONSE-ABILITY	☀											☀	☀	☀				☀					☀			☀				
139. WASH YOUR HANDS WISELY	LIFESTYLE	RESPONSE-ABILITY	☀			☀	☀	☀																								
140. GO RED	LIGHT	RESPONSE-ABILITY	☀													☀	☀		☀	☀	☀			☀	☀			☀	☀			
141. EAT AN ANTI-INFLAMMATORY DIET	NUTRITION	RESPONSE-ABILITY	☀		☀					☀	☀		☀	☀	☀	☀	☀	☀		☀			☀	☀								
142. HEAL YOUR GUT	PHYSIOLOGY	REGENERATE	☀		☀					☀	☀				☀	☀	☀	☀		☀	☀	☀	☀	☀								
143. USE ASHWAGANDHA TO BOOST IMMUNITY	SUPPLEMENTS	REGULATE	☀			☀	☀		☀					☀		☀	☀							☀	☀	☀	☀	☀	☀			
144. CUT OUT INFLAMMATORY FATS	LIFESTYLE	REGENERATE	☀							☀					☀	☀			☀		☀					☀	☀	☀	☀			
145. REDUCE OXIDATIVE STRESS	PHYSIOLOGY	RESPONSE-ABILITY	☀		☀					☀						☀																
146. TURN TO A TRUSTED FRIEND	SOCIAL	REGULATE	☀		☀											☀			☀							☀		☀				
147. USE THESE OILS TO SUPPORT YOUR IMMUNITY	THERAPIES	RESPONSE-ABILITY	☀	☀	☀	☀	☀	☀	☀							☀	☀				☀					☀	☀	☀	☀			
148. RESOLVE IRON DEFICIENCY	NUTRITION	REGENERATE	☀																													
149. CARE FOR A PET	LIFESTYLE	RESPONSE	☀							☀	☀							☀	☀							☀		☀				
150. BEFRIEND HEALTHY ROLE MODELS	SOCIAL		☀																													

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151. PRACTICE PRANAYAMA	BREATH	REGULATE	☀								☀			☀	☀	☀			☀				☀	☀	☀	☀	☀	☀	☀			
152. TRY SOUND HEALING	PHYSIOLOGY	RESPONSE-ABILITY	☀	☀	☀											☀										☀						
153. GET OUT AND GARDEN	NATURE	RESPONSE	☀												☀	☀		☀						☀		☀	☀	☀				
154. EXPERIMENT WITH PEMFS	PHYSIOLOGY	RESPONSE-ABILITY	☀	☀	☀			☀	☀	☀	☀					☀	☀			☀					☀	☀	☀	☀	☀			
155. TAKE AN INTEGRATED APPROACH	LIFESTYLE		☀							☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀
156. EAT LESS MEAT	NUTRITION	RESPONSE-ABILITY	☀							☀		☀		☀	☀	☀	☀	☀														
157. TAKE 100 PERCENT RESPONSIBILITY	MIND		☀																													
158. TRY CBD OIL	SUPPLEMENTS	RESPONSE-ABILITY	☀							☀	☀			☀	☀	☀												☀	☀			
159. ADDRESS NON-PHYSICAL CAUSES OF IMMUNE IMPAIRMENT	MIND/ EMOTIONS		☀	☀	☀					☀		☀				☀			☀					☀		☀	☀	☀				
160. TAKE SPIRULINA	SUPPLEMENTS	REGENERATE	☀													☀	☀								☀							
161. MITIGATE THE HARMFUL EFFECTS OF WI-FI AND CELL PHONES	ENVIRONMENT	REGENERATE	☀							☀		☀		☀	☀	☀	☀	☀		☀	☀		☀	☀	☀	☀	☀	☀	☀			
162. NURTURE YOUR SPIRITUAL LIFE	SPIRIT	REGULATE	☀																									☀				
163. USE N-ACETYL-CYSTEINE	SUPPLEMENTS	RESPONSE-ABILITY	☀		☀										☀	☀	☀				☀		☀	☀								
164. MAINTAIN HEALTHY VITAMIN E LEVELS	NUTRITION	RESPONSE-ABILITY	☀									☀																				
165. PLAY A SPORT	EXERCISE	REGULATE	☀															☀														

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166. GET PLENTY OF VITAMIN A	NUTRITION	REGENERATE	☀	☀	☀					☀		☀		☀	☀	☀	☀						☀		☀							☀
167. TONE UP YOUR VAGUS NERVE	PHYSIOLOGY	REGULATE	☀											☀	☀	☀									☀	☀	☀		☀			
168. MAINTAIN HEALTHY COPPER LEVELS	NUTRIENTS	REGENERATE	☀		☀					☀			☀			☀	☀															
169. SLOW DOWN	LIFESTYLE	REGULATE	☀																☀					☀		☀	☀					
170. SPROUT YOUR FOODS	NUTRITION	RESPONSE-ABILITY	☀										☀	☀		☀	☀						☀									
171. BOOST GLUTATHIONE LEVELS	NUTRITION	RESPONSE-ABILITY	☀													☀	☀							☀					☀			
172. PROTECT AGAINST VIRUSES WITH ASIAN GINSENG	SUPPLEMENTS	RESPONSE-ABILITY	☀	☀				☀	☀		☀	☀	☀	☀		☀	☀					☀		☀	☀							☀
173. TAKE A NAP	SLEEP	REGENERATE	☀												☀				☀					☀					☀			
174. EAT MORE FRUITS AND VEGETABLES	NUTRITION	REGENERATE	☀							☀	☀	☀		☀	☀	☀	☀	☀		☀	☀	☀	☀	☀	☀							
175. ENJOY FERMENTED FOODS	NUTRITION	RESPONSE	☀		☀	☀					☀		☀	☀	☀	☀	☀	☀			☀		☀	☀	☀			☀				
176. POLLINATE YOUR IMMUNE SYSTEM	NUTRITION/ SUPPLEMENTS	RESPONSE-ABILITY	☀		☀	☀		☀			☀				☀	☀	☀															
177. EAT MORE RAW FOODS	NUTRITION	RESPONSE-ABILITY	☀													☀	☀	☀					☀									
178. UNCOVER GENETIC MUTATIONS	PHYSIOLOGY	RESPONSE-ABILITY	☀							☀	☀	☀	☀	☀		☀	☀			☀	☀	☀	☀	☀	☀	☀	☀	☀	☀			
179. ELIMINATE NEGATIVE FOOD REACTIONS	PHYSIOLOGY	REGENERATE	☀							☀	☀			☀		☀	☀	☀		☀	☀	☀	☀	☀	☀	☀						
180. USE PROPOLIS FOR ALL-AROUND IMMUNE BENEFITS	SUPPLEMENTS	RESPONSE-ABILITY	☀			☀	☀	☀	☀		☀		☀	☀	☀	☀	☀															

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181. GET YOUR PLANT FATS	NUTRITION	RESPONSE-ABILITY	☀							☀				☀														☀				
182. IMPROVE YOUR WINTER BLUES	LIGHT	REGENERATE	☀													☀						☀						☀	☀			
183. SUPPLEMENT GLUTATHIONE	NUTRITION	RESPONSE-ABILITY	☀													☀	☀															
184. LET GO OF SHAME	EMOTIONS	REGULATE	☀							☀						☀			☀							☀	☀				☀	
185. SATISFY YOUR SEX LIFE	LIFESTYLE	REGULATE	☀															☀	☀				☀					☀	☀			
186. REDUCE THE EFFECTS OF STRESS	SUPPLEMENTS	REGULATE	☀		☀					☀			☀	☀	☀	☀			☀		☀	☀	☀	☀		☀	☀		☀			
187. INCREASE YOUR VITAL ENERGY	THERAPIES/ PHYSIOLOGY	REGENERATE	☀		☀														☀									☀				