



#ImmuneBoosterChallenge

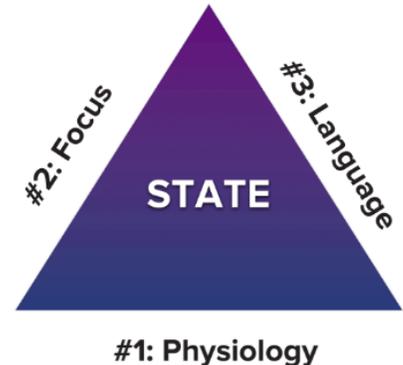


Awaken Your Inner Warrior Fighting Corona Virus Naturally

First of all, stop the panic. It's the worst thing for your immune system and scientifically proven to drop your body's natural defense system. Instead of living in fear by focusing on things you can't control, Let's focus our attention on the things we CAN control. It's important to put yourself in peak mental, spiritual and physical state with all the chaos and confusion going on around the World today, it's important that you're centered and you have a daily routine that anchors you in and gives you absolute certainty in the midst of all the uncertainty.

Morning Power Routine

Instead of waking up and opening Instagram first thing in the morning, add this morning power routine to put yourself in peak state, in-order to overcome whatever challenges that might come your way. Utilizing the power of Meditation, Breathing techniques to calm Central Nervous System, Priming exercise to Tap into your lymphatic system, Visualization + Elevated Emotion to boost immunity.



- 1 First things first. Let's get you in your peak mental, physical and spiritual state. [Click here to watch TONY ROBBINS GUIDED PRIMING MEDITATION](#)
- 2 Alkaline the body and optimize your body chemistry: Tap into your Central Nervous System & Lymphatic System by Oxygenizing your body [click here to watch Wim Hof Breathing Techniques](#)
- 3 Dream Body Fitness 15 Minute Immune/ Metabolism Booster full body workout
#ImmunityWarriorChallenge
[Click here to watch Coach Kia's In-home Workout](#)
- 4 Natural Immune Boosters/ Nutrition to turn your body into a anti-viral, anti-bacterial machine: Turmeric, Water + Electrolytes, Fish oil (Omega 3 & Omega 6), Multivitamins (especially vitamin C + Vitamin D & E), Garlic, Ginger, Oregano, Elderberry, Spinach. Also Consume more antioxidants to fight off free radicals. Berries, herbs, spices, coffee, tea and dark chocolate are good sources.
- 5 Good sleep is one of the most crucial things for your Immune System and optimizing recovery. Your body needs sleep to fight infectious diseases, viruses and bacteria.