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- ✓ e-Booklets in the Tool Kit that do not include any licensed images (i.e. Quantum Healing Approaches for 11 Top Conditions)
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MACRONUTRIENTS FOR THE IMMUNE SYSTEM

Protein

- Adequate, quality protein at every meal
- Foods high in cysteine for glutathione production (meats, fish, cheese, yogurt, legumes, seeds, eggs)
- Foods high in glutamine for gut healing (meats, fish, eggs, legumes, a wide variety of vegetables)
- Foods high in lysine to balance arginine (meats, fish, cheese, eggs, legumes)

Carbohydrates

- No added sugars or high-glycemic, processed foods (cakes, cookies, candy, refined products)
- Foods high in fibers (from a variety of plant-based sources)
- Fermented foods for their prebiotic and probiotic content (krauts, kefir, miso, sourdough)

Fats & Oils

- Less high-heat cooking to damage oils; use water or steaming
- Foods high in omega-3s (fish, seafood, nuts, seeds, greens)
- Variety of different fats (short-chain, medium-chain, long-chain)

VITAMINS FOR THE IMMUNE SYSTEM

Fat-Soluble

- Foods high in retinol, or preformed vitamin A (liver, fish, cheese, butter, eggs)
- Foods high in vitamin D (fish, seafood, eggs, mushrooms)
- Foods high in vitamin E (wheat germ, seed oils, nuts, seeds, greens)

Water-Soluble

- Foods high in B vitamins (B1, B2, B3, B6, B9, B12) (whole grains, nuts, seeds, legumes, leafy greens, or)
- Foods high in vitamin C (citrus fruits, cherries, berries, papaya, broccoli, kiwifruit)

MINERALS FOR THE IMMUNE SYSTEM

Copper	Meats, seafood, seeds, nuts, potatoes, mushrooms, legumes, greens, dark chocolate
Iron	Beef, organ meats, legumes, greens, dark chocolate
Magnesium	Greens, legumes, nuts, seeds
Selenium	Brazil nuts, fish, seafood, meats, eggs, mushrooms, whole grains
Zinc	Seafood, beef, lamb, turkey, eggs, nuts, seeds, legumes, yogurt

PHYTONUTRIENTS FOR THE IMMUNE SYSTEM

Carotenoids	Sweet potato, bell peppers, yam, carrot, greens, tomatoes
Catechins	Green tea, black tea, Oolong tea, berries, cocoa
Curcumin	Turmeric root, turmeric powder
Quercetin	Onions, apples, berries, broccoli, citrus fruits
Resveratrol	Grapes, berries, nuts, peanuts

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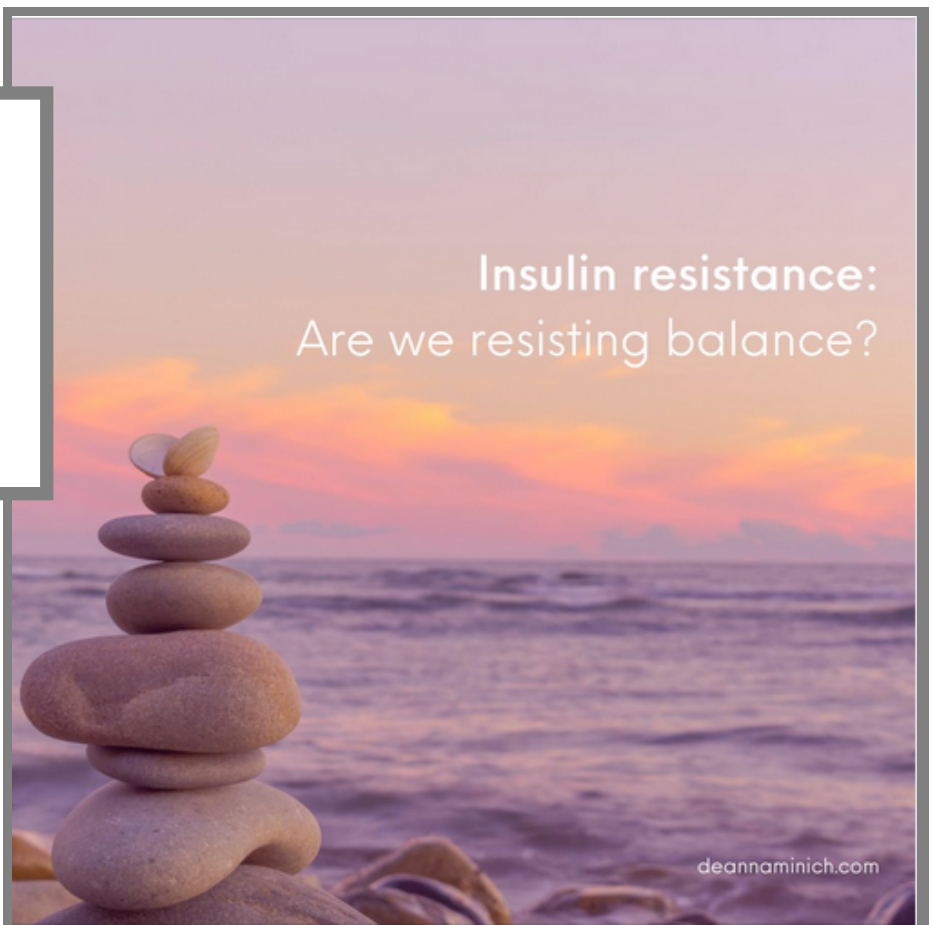
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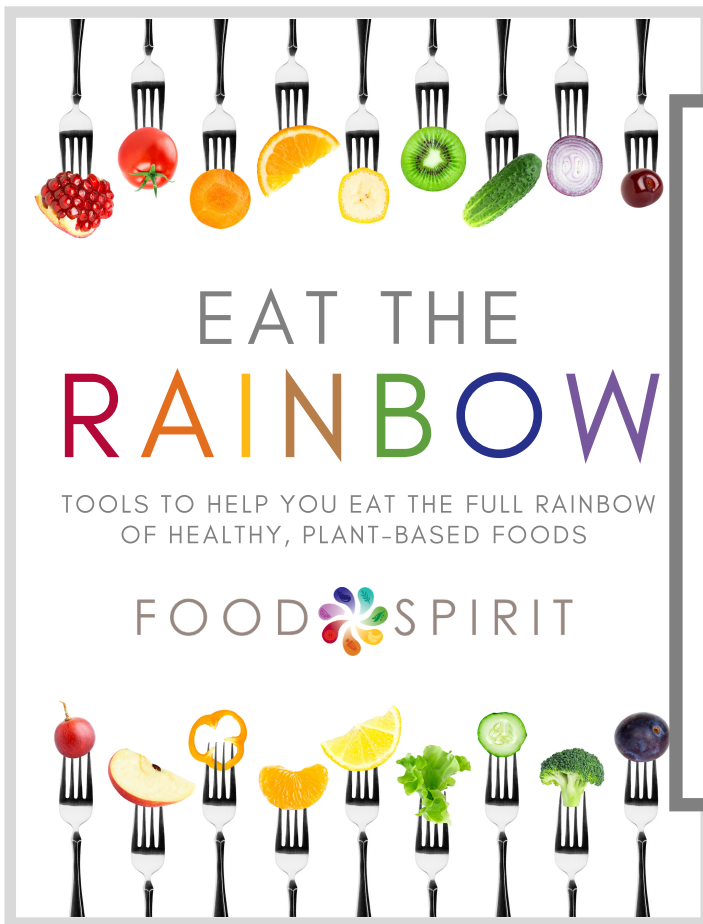
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Insulin resistance:
Are we resisting balance?



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