

BOOST IMMUNE SYSTEM PLUS+

by San Diego Fit




BOOST IMMUNE SYSTEM +

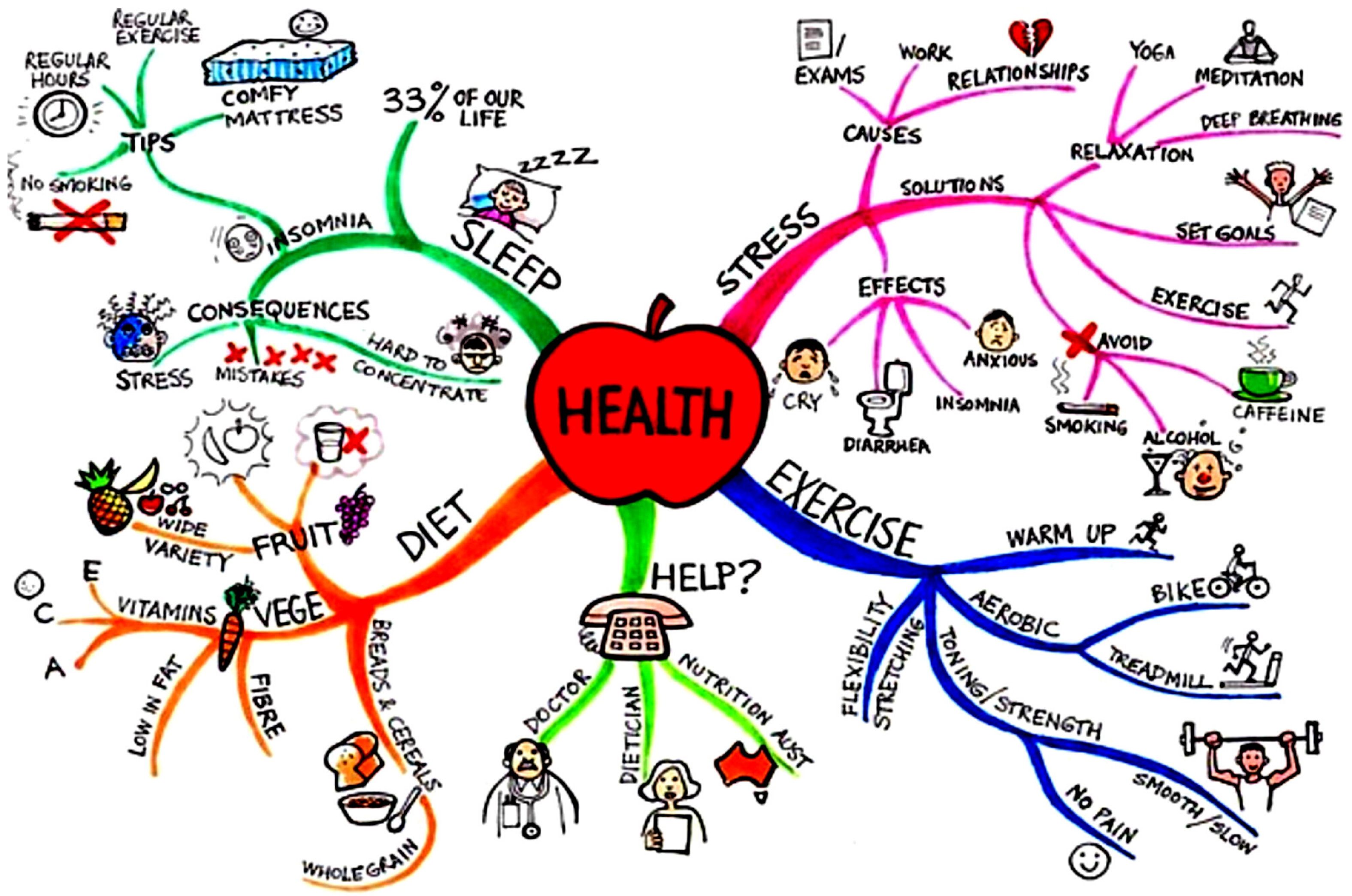
What else is included?

5 EXTRA DOWNLOADS





HOW TO BOOST YOUR IMMUNE SYSTEM?





Take charge of your own health, don't rely on a corrupt system that's driven by money & greed! There is a time and place for medical attention, but only when every means of natural applications fail, being preventative is the best CURE!



Eat less CRAP:

C – Carbonated Drinks
R – Refined Sugar
A – Artificial Sweeteners/ Colors
p – processed Foods

Eat more FOOD:

F – Fruits and Vegetables
O – Organic Lean Proteins
O – Omega 3 Fatty Acids
D – Drink Water

BODYSHOP DIET RULES

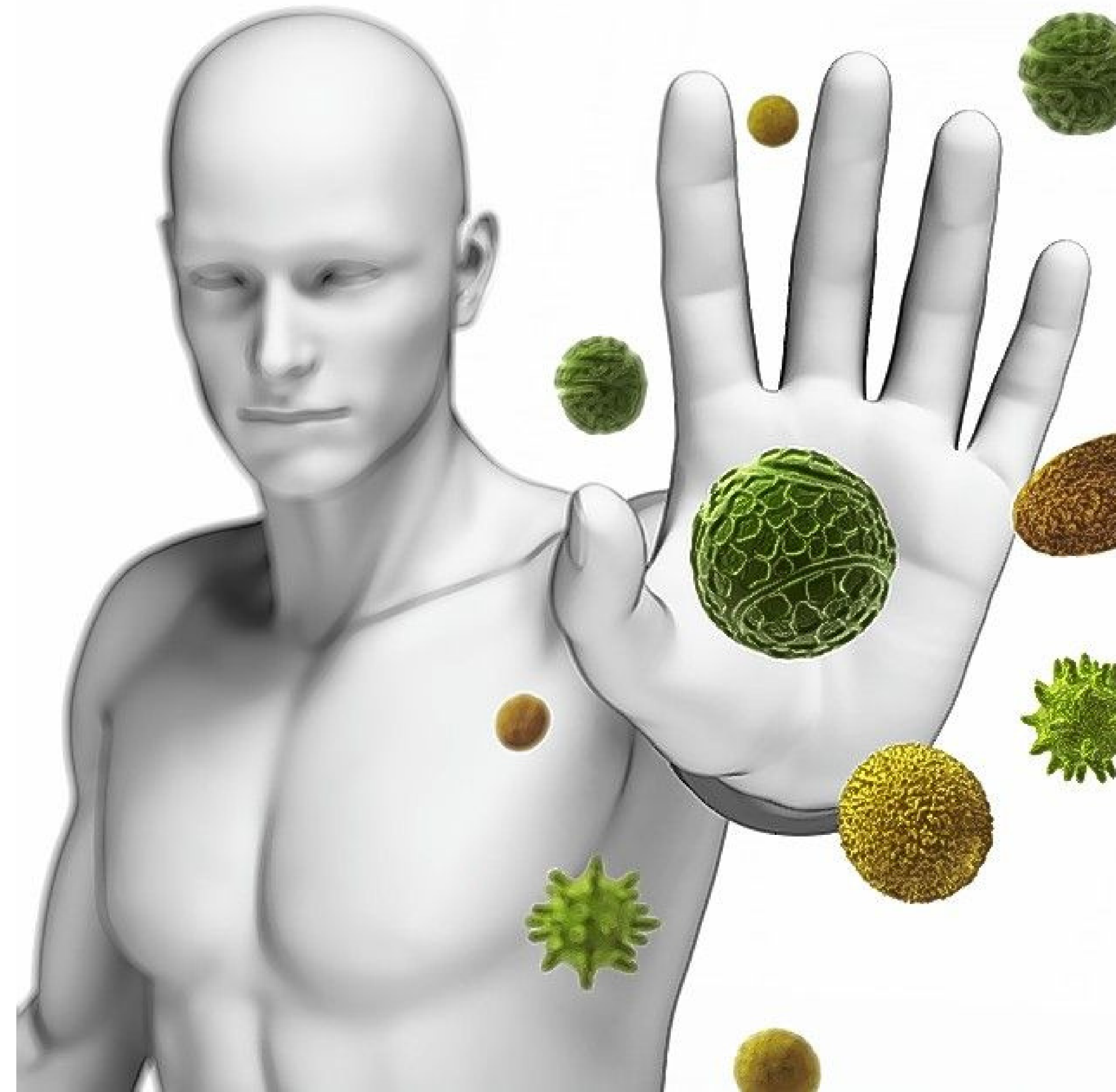
- **No gluten**
- **No processed food**
- **No artificial ingredients**
- **No red meat**
- **No alcohol**
- **No GMO (soy, corn etc.)**
- **100% organic eggs**
- **100% organic meat**

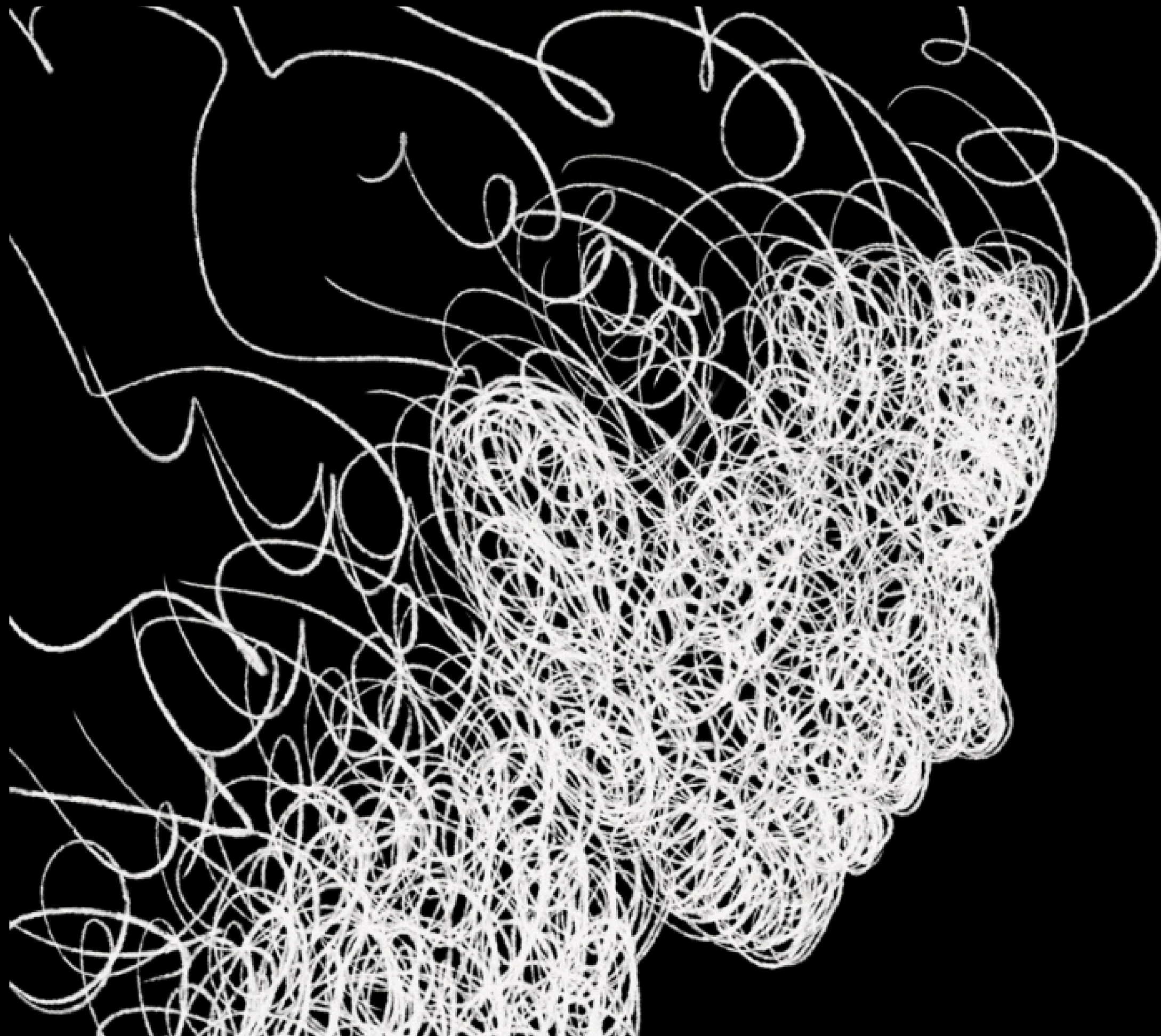


It's not what you think!

Most people think they have to clean and disinfect everything with toxic chemicals and bleach to have a safe environment.

Your body's Immune system is a divine piece of work, and keeping a healthy mind (or "Temple") is key to maximize the potential of its defense.



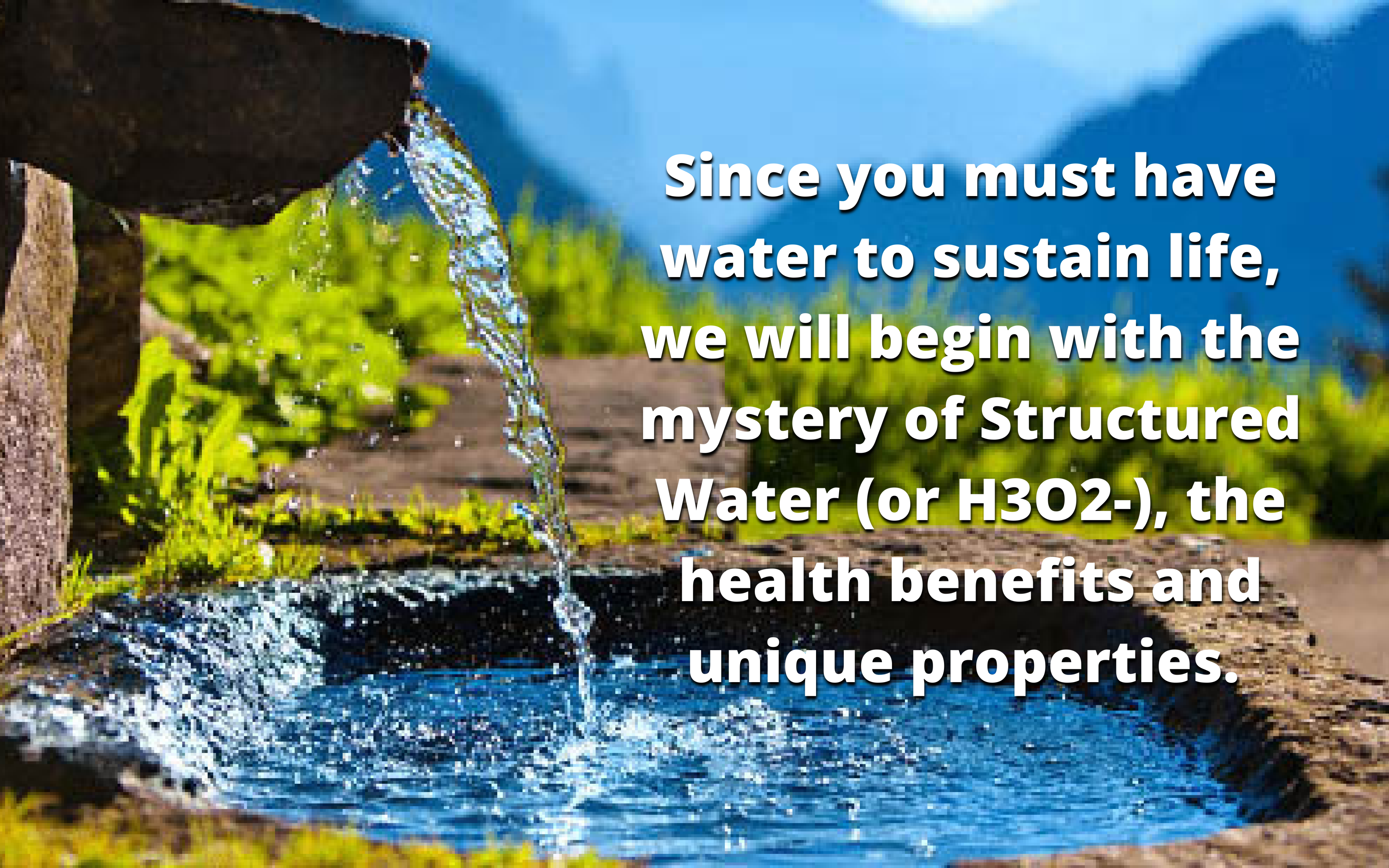


Clean Up My Cluttered Mind

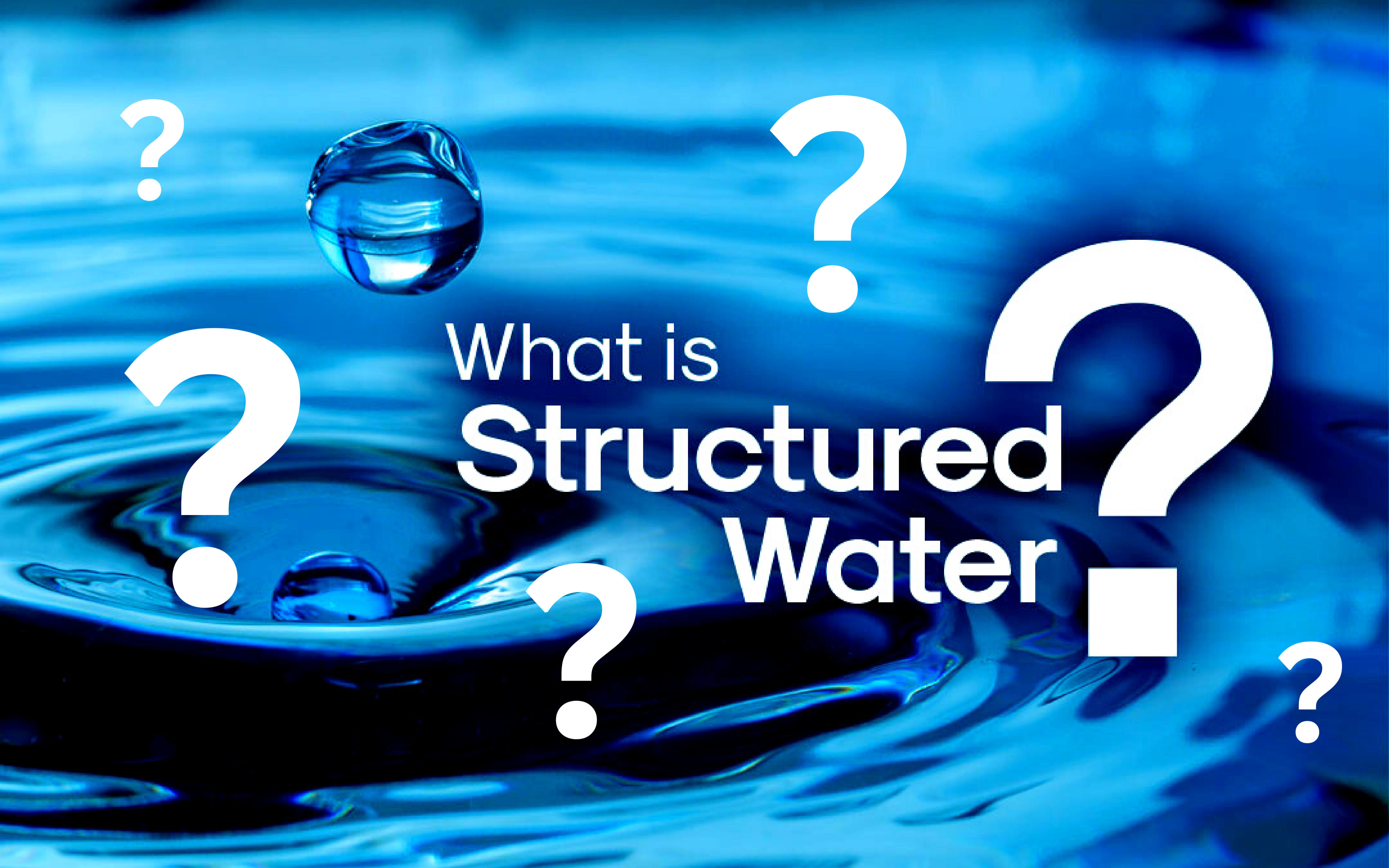


**A healthy mind comes
from maintaining
proper nutrition
intake, stress relief,
a connection with
nature, meditation or
prayer and several
other key elements.**





**Since you must have
water to sustain life,
we will begin with the
mystery of Structured
Water (or H3O2-), the
health benefits and
unique properties.**



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What is

Structured

Water

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MINERAL

Increased absorption of vitamins,
minerals and nutrients



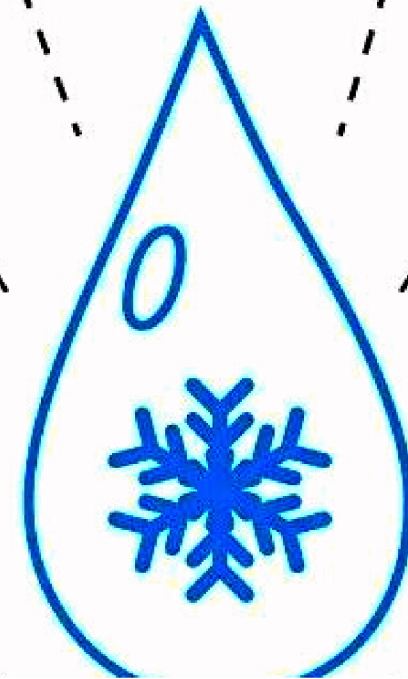
POLLUTANTS

Detoxification of pollutants



WEIGHT BALANCING

Enhances all health programs
and weight balancing



HEALTHY SKIN

Healing to skin – no more dry,
itchy skin



IMUNE SYSTEM

Promotes immune system
function and longevity



DISCS OR CARTILAGE

Improves discs and cartilage



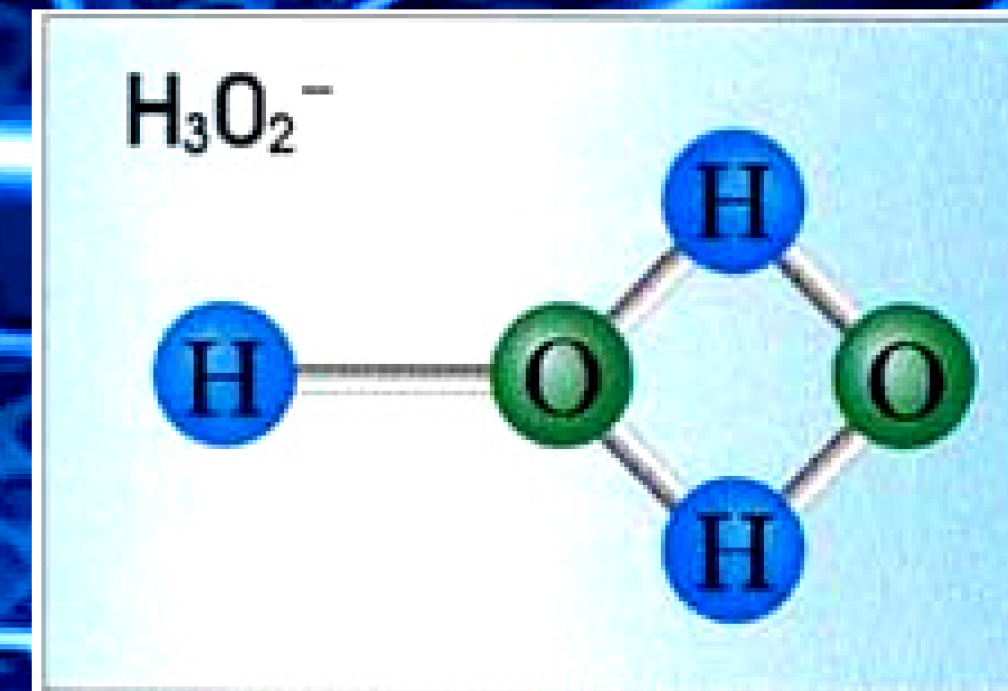
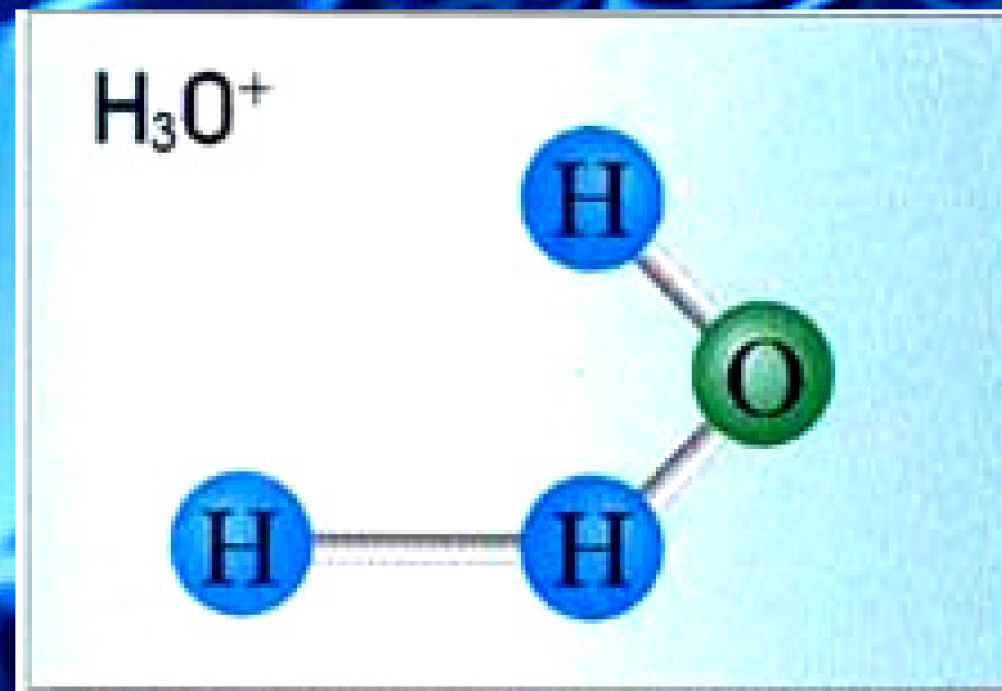
STRUCTURED WATER

Hydration is required for almost every activity of the body.

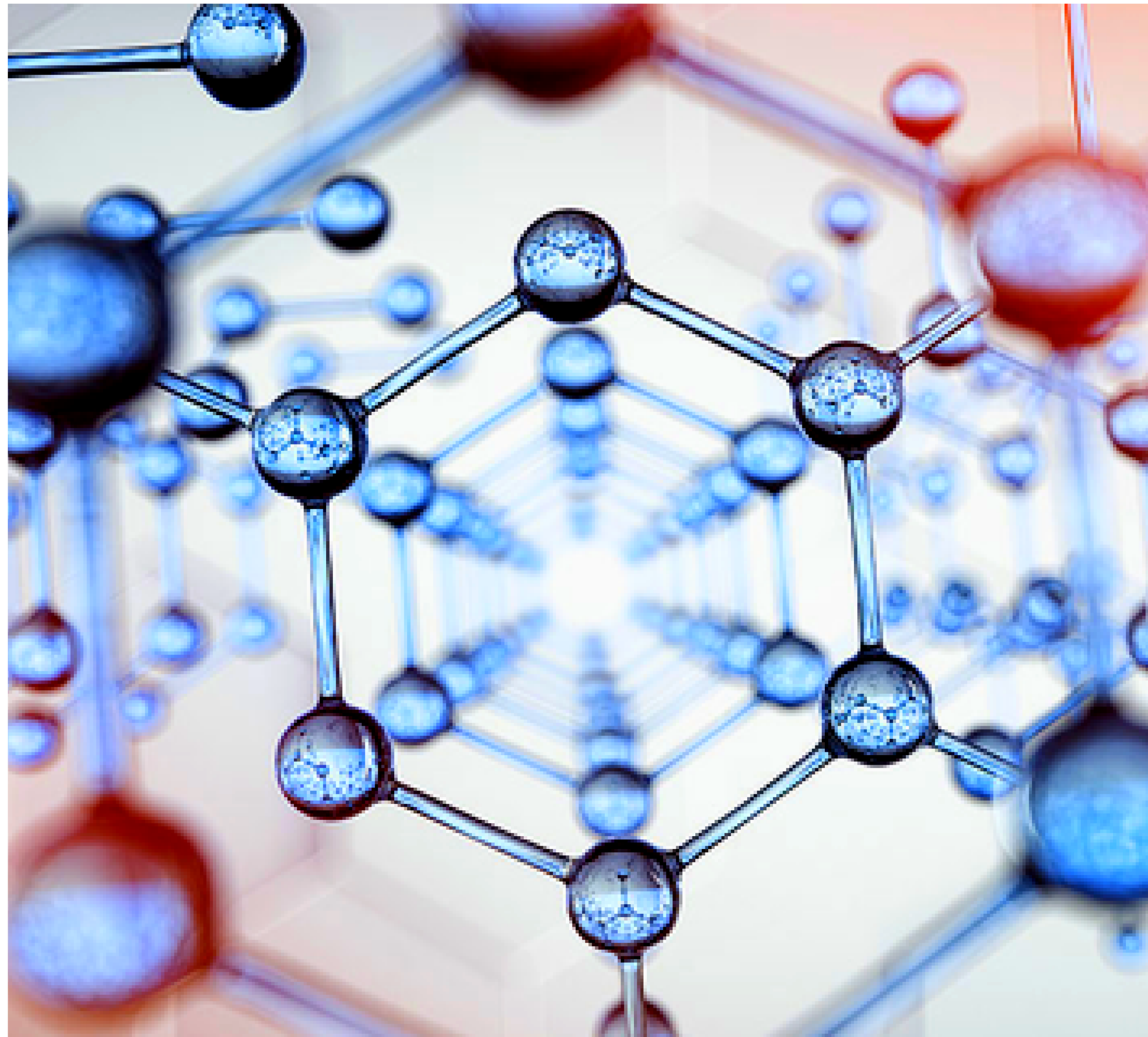
A dynamic, swirling blue vortex of water, resembling a whirlpool or a powerful storm, filling the entire frame. The water is a vibrant blue, with darker shades in the center of the vortex and lighter, almost white, highlights on the outer edges of the swirling motion. The lines of the water are curved and fluid, creating a sense of intense movement and energy.

All you need to know about
Vortex Water

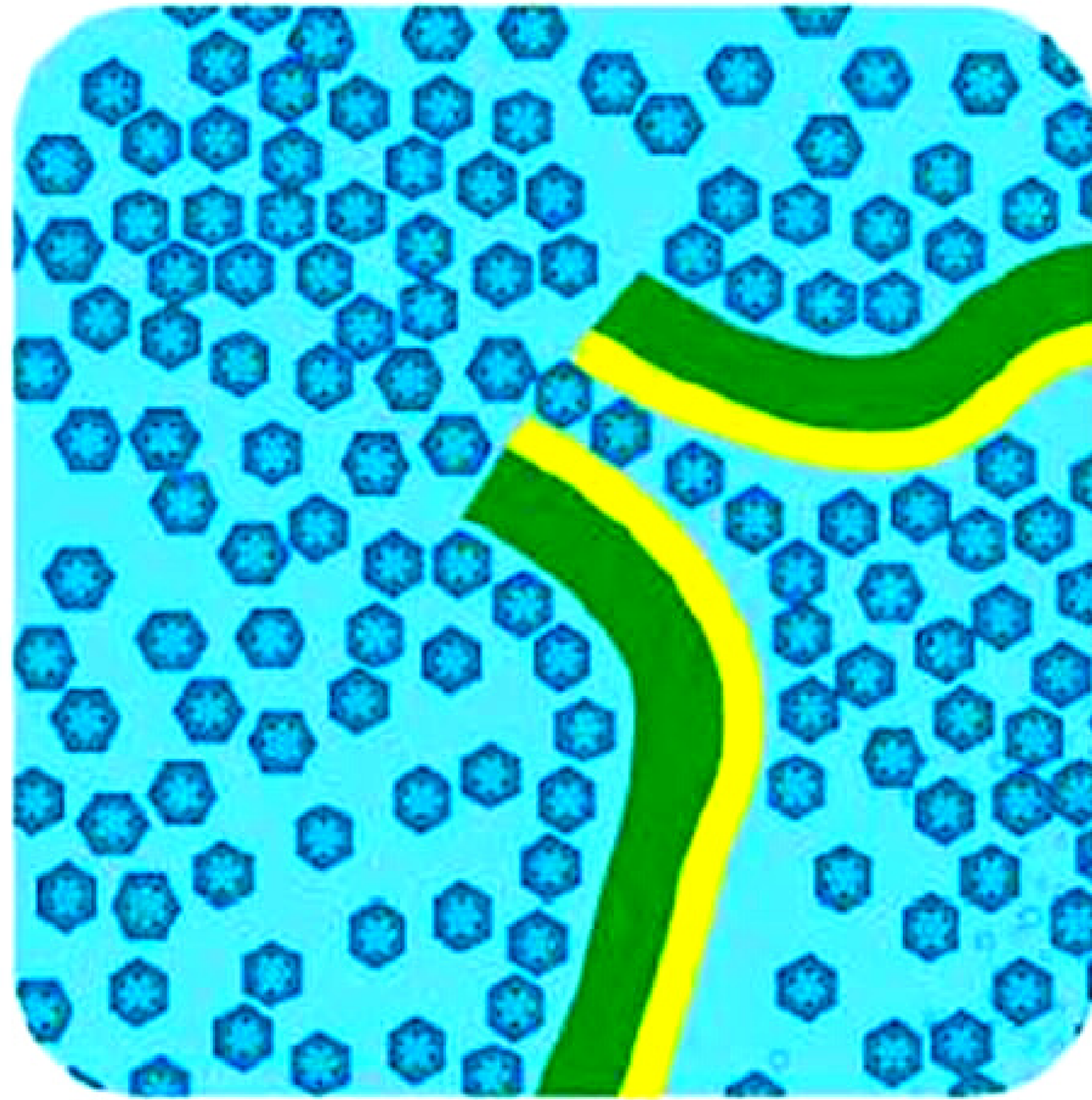
H3O2- water is the kind of water the cytoplasm in our cells needs to function optimally. Structured water moves minerals and nutrients into cells more efficiently. And it helps cells evacuate waste more, resulting in faster cell recovery.



Benefits of
HEXAGONAL
Water

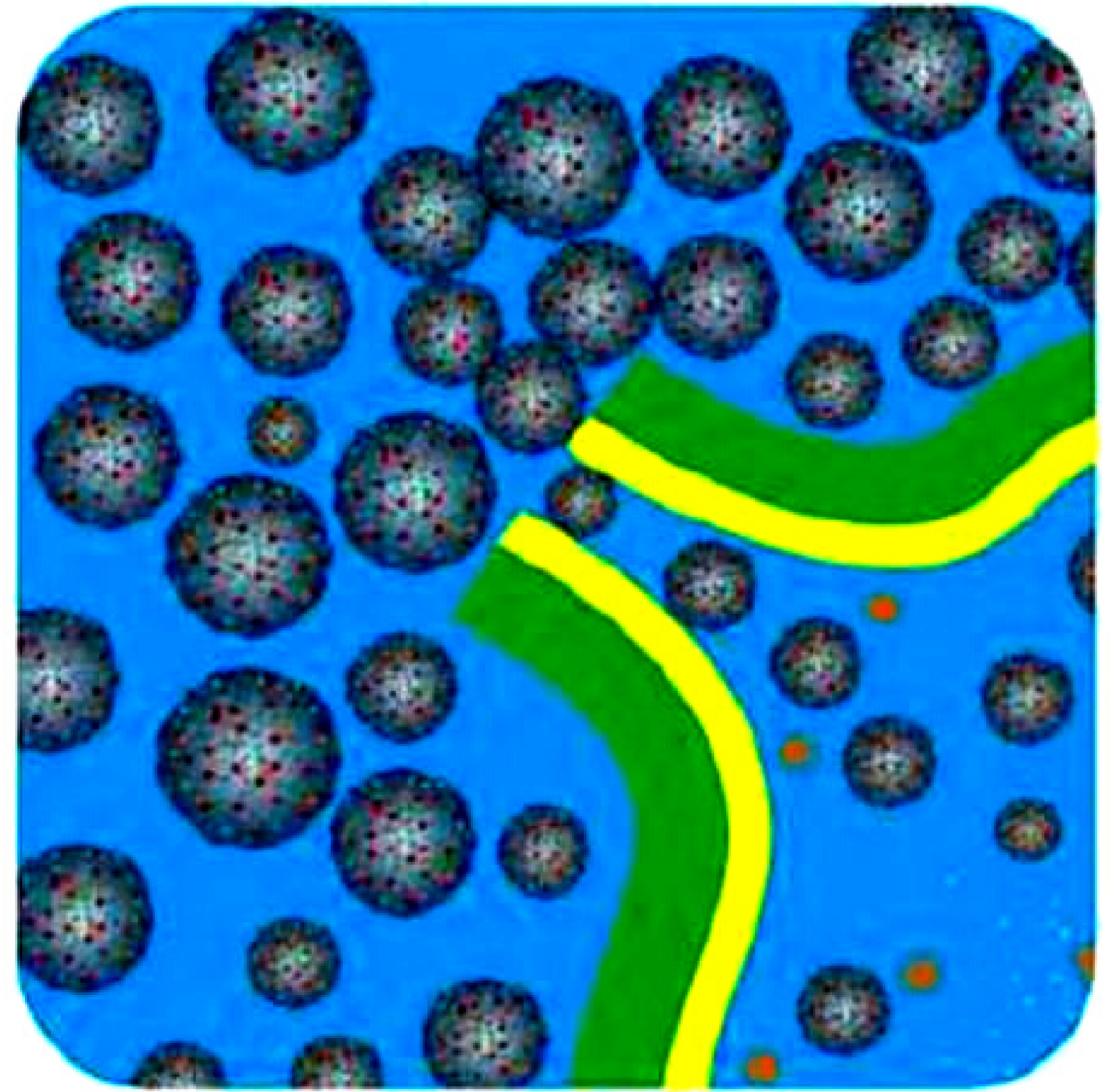


Structured Water



Full Hydration

Unstructured Water



Partial Hydration

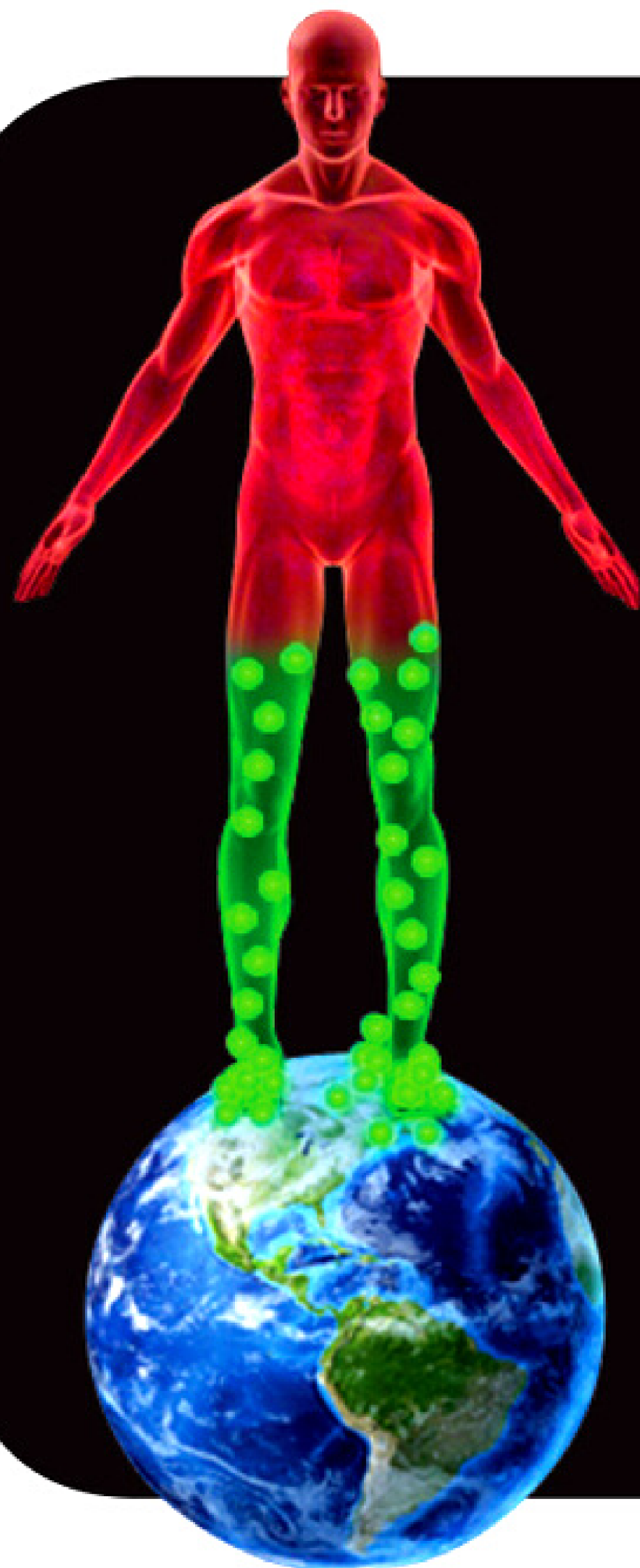
EARTHING

(Noun) The process of absorbing earth's free flowing electrons from its surface through the soles of one's feet.






**HUMANS ARE MUCH LIKE ELECTRICAL EQUIPMENT,
THEY SHOULD BE GROUNDED TO FUNCTION PROPERLY**



When we make bare skin contact with the Earth, electrons move freely between the Earth and the human body. Once absorbed by the body, these act like anti-oxidants and anti-inflammatories, which provide many health benefits.

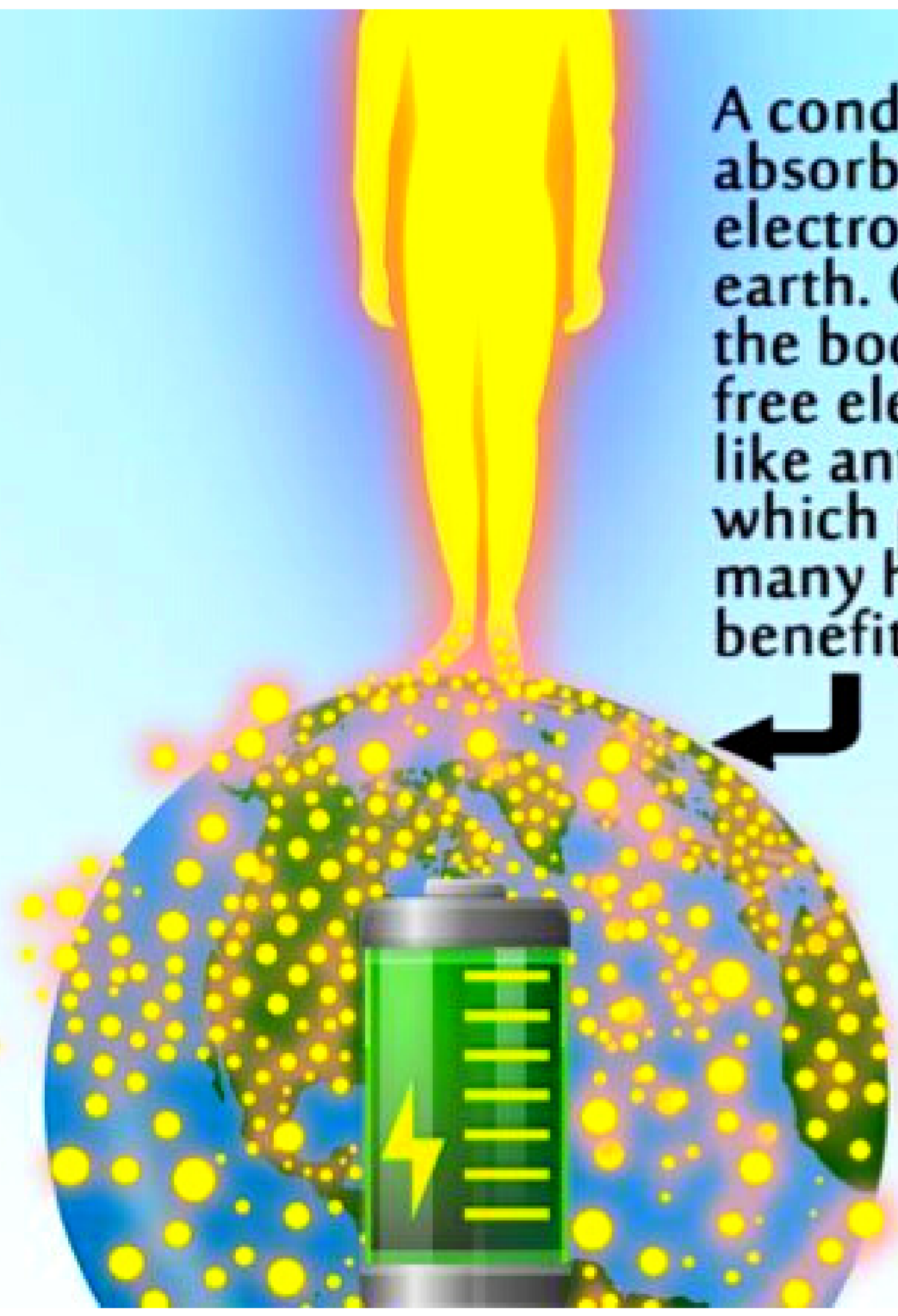
“ EARTHING INDOORS IS AN EASY & CONVENIENT WITH OUR EARTHING UNIVERSAL MAT ”



Health Benefits of **GROUNディング**

- ❧ Improves mood
- ❧ Improves sleep
- ❧ Reduces pain
- ❧ Reduces stress
- ❧ Improves wound healing
- ❧ Improves immunity
- ❧ Reduces inflammation
- ❧ Reduces jet lag

Grounding or Earthing refers to direct skin contact with the surface of the **Earth**.



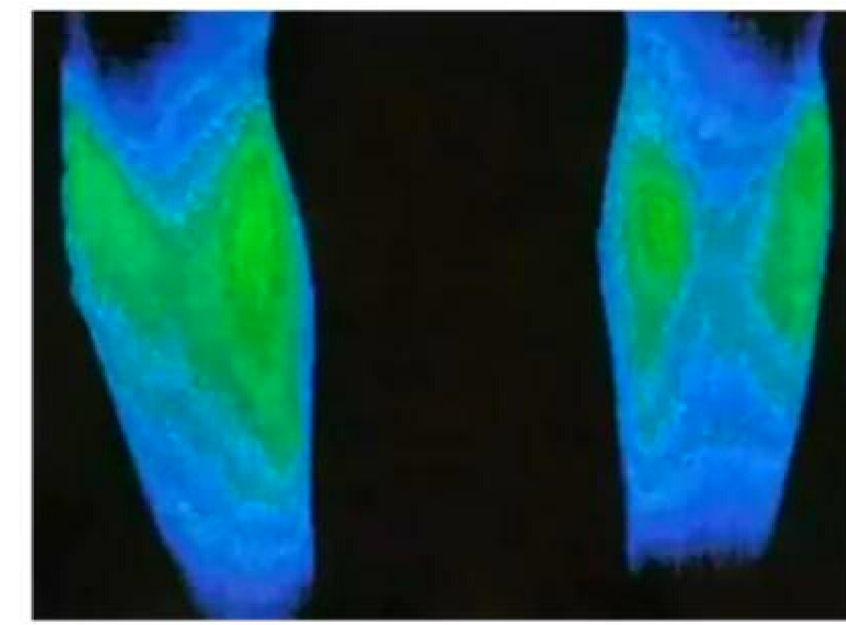
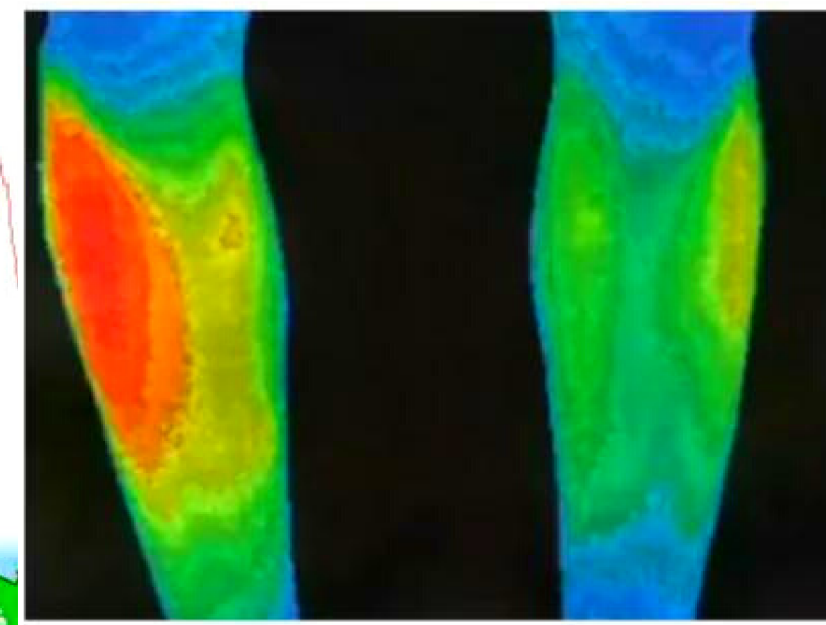
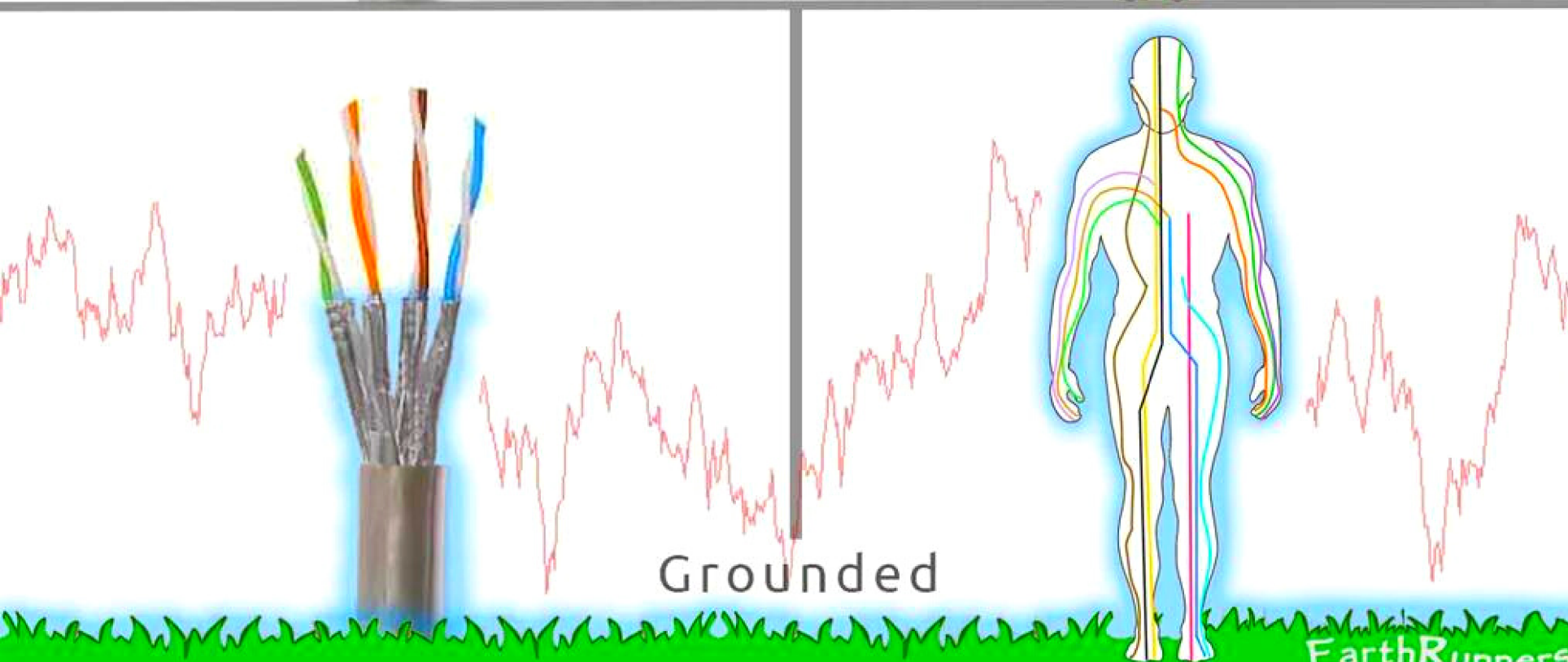
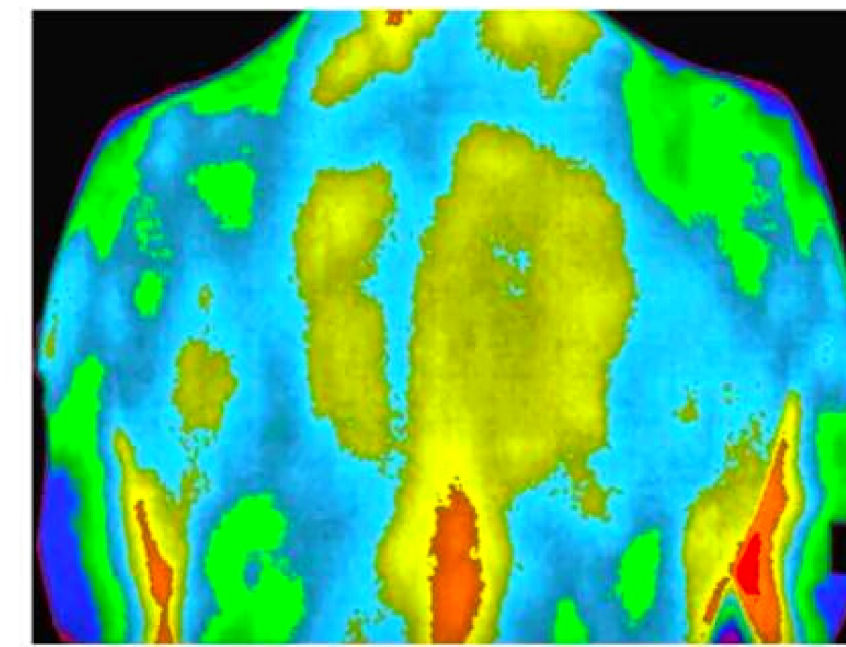
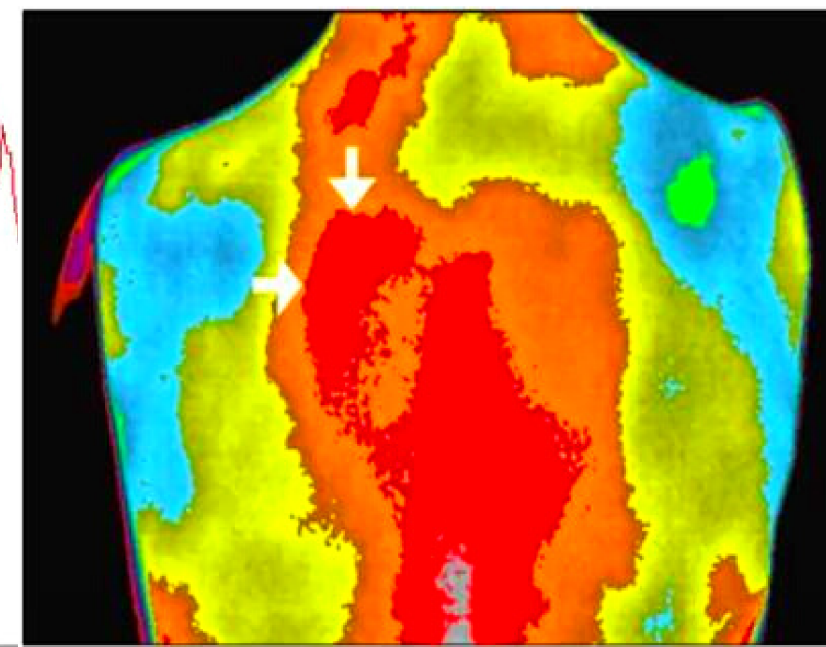
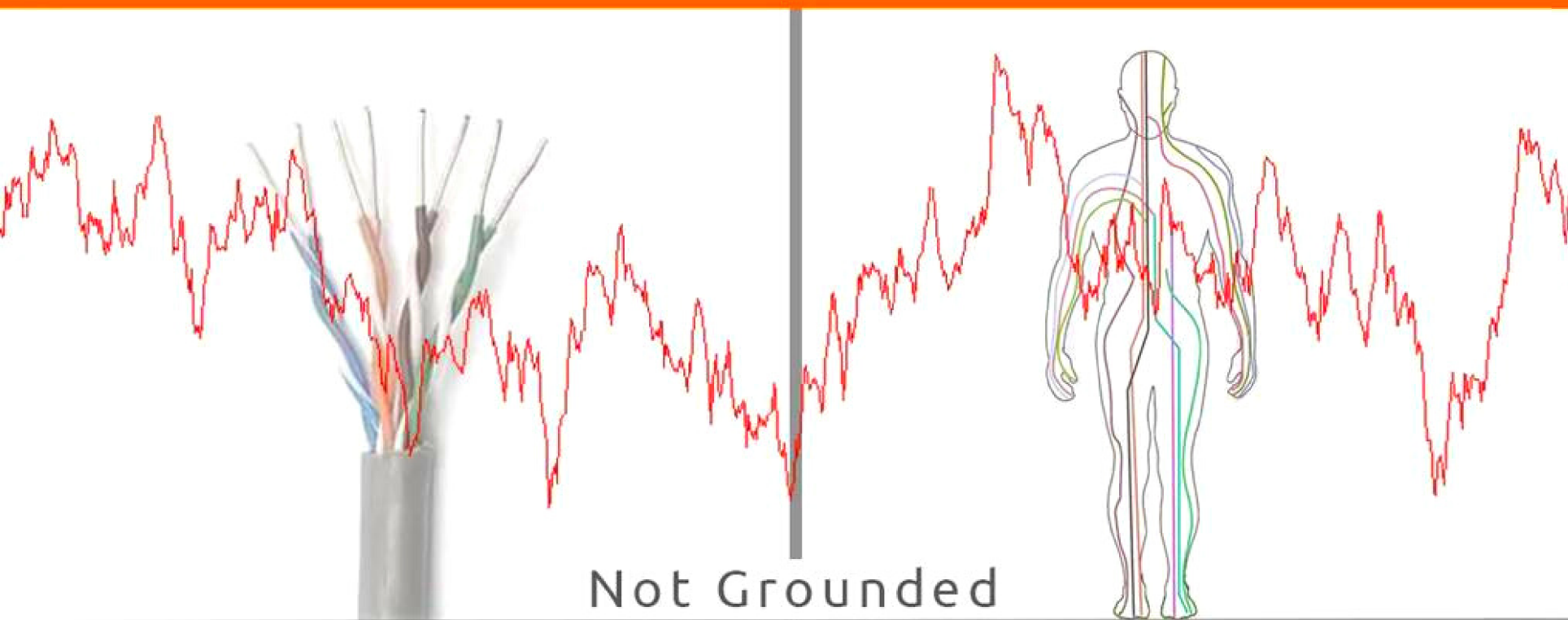
A conductive body absorbs free electrons from the earth. Once inside the body, these free electrons act like antioxidants, which provides many health benefits.

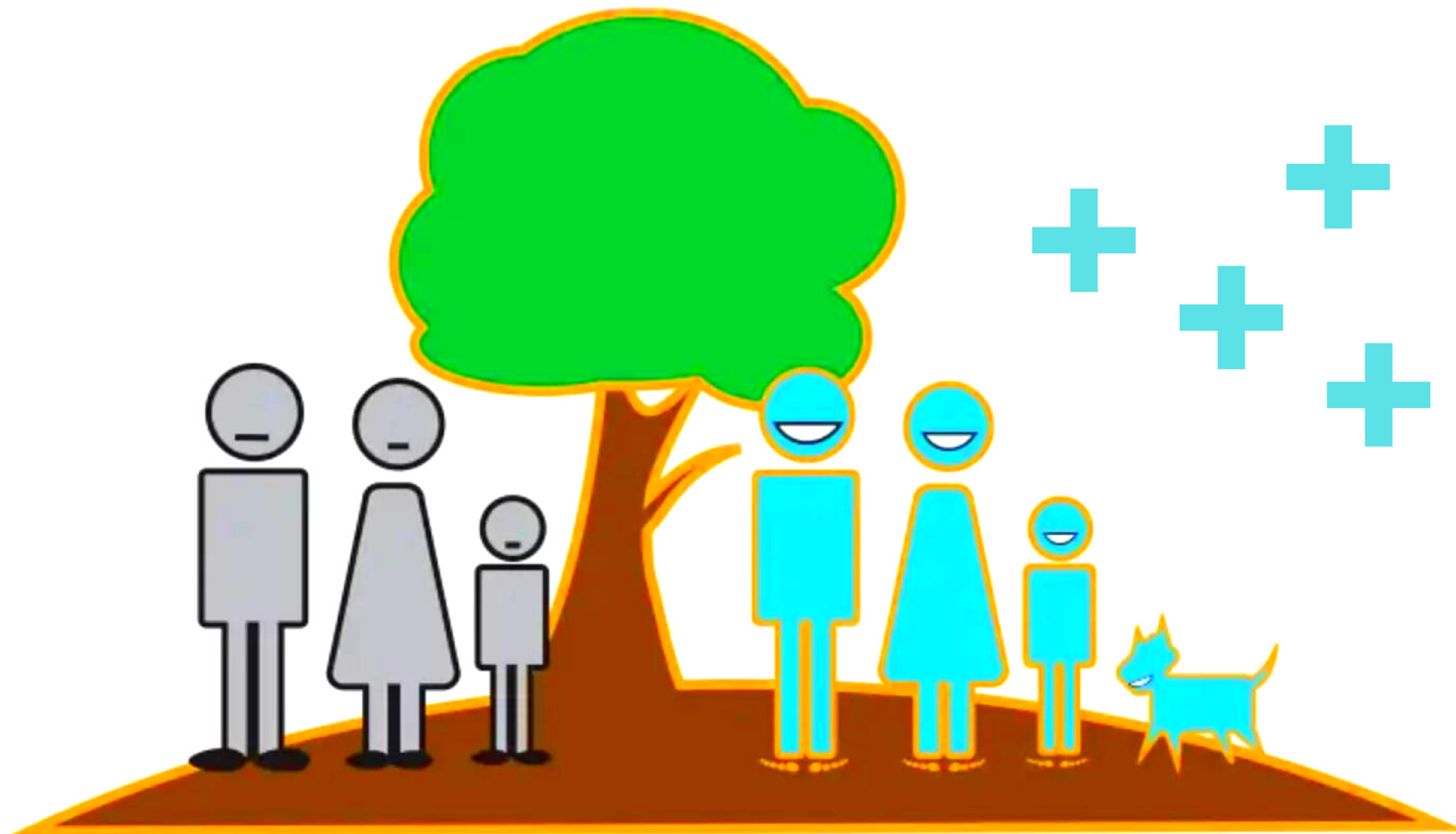
Earthing "OUTDOORS" is easy, just touch your bare feet to the grass for at least thirty minutes or go barefoot at the beach and notice how fast stress and pain reduces and energy improves!

Earthing "INDOORS" is safe and easy with an Earthing product. Just plug into a standard power outlet using our custom designed plug, then lay, rest or drape it against your skin while you work, relax or sleep. (No electrical power is used)

OPTIMIZED DATA TRANSMISSION

EARTHING REDUCES INFLAMMATION



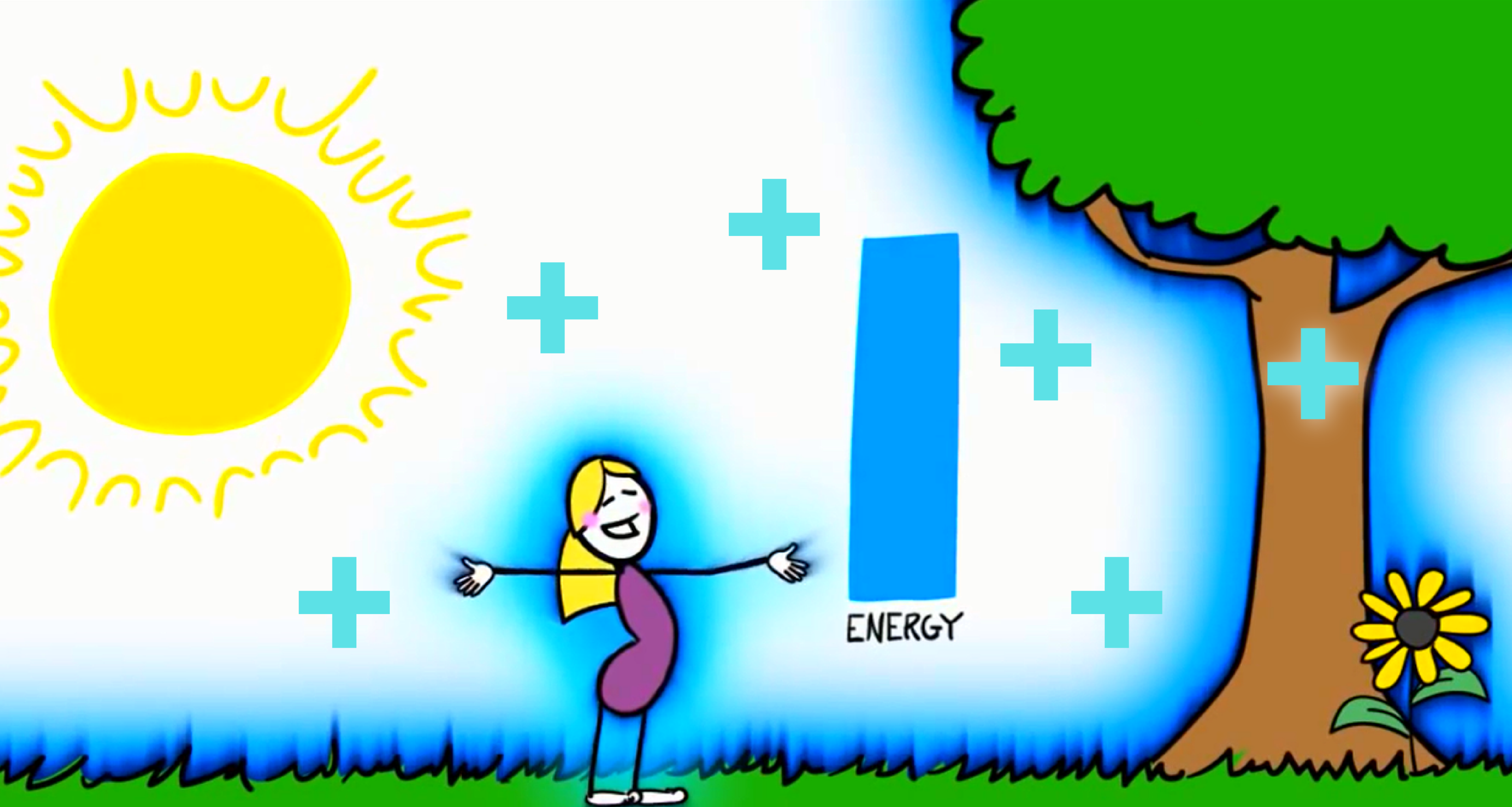


The Earth's energy is blocked
by synthetic shoes

Grounded by direct contact
with the Earth

**When your body collects
positive electrons, it's like
charging your internal batteries
of life! Connect to the ground,
or your favorite tree, and enjoy!**





BAREFOOT

A woman with long dark hair and glasses is sitting at a table, petting a white dog. The dog is looking up at her with its mouth open, showing its teeth. The background is a bright, slightly blurred indoor setting with a window and some furniture.

**Did you know petting your dog
gives you positive electrons?**

Did you know hugging a tree in the forest gives you positive electrons?





**Did you know meditating outside
gives you positive electrons?**

WHAT IS THE CIRCADIAN RHYTHM?

The physiological & behavioral changes that follow a 24-hour cycle. When these rhythms are desynchronized, you may experience **insomnia, daytime sleepiness, poor performance** & other issues.



Circadian rhythms are 24-hour cycles that are part of the body's internal clock, running in the background to carry out essential functions and processes.

An average sleep cycle lasts about 90 minutes. Ideally, you need four to six cycles of sleep every 24 hours to feel fresh and rested. Each cycle contains four individual stages: three that form non-rapid eye movement (NREM) sleep and one rapid eye movement (REM) sleep.





WHAT IS
SUNGAZING?

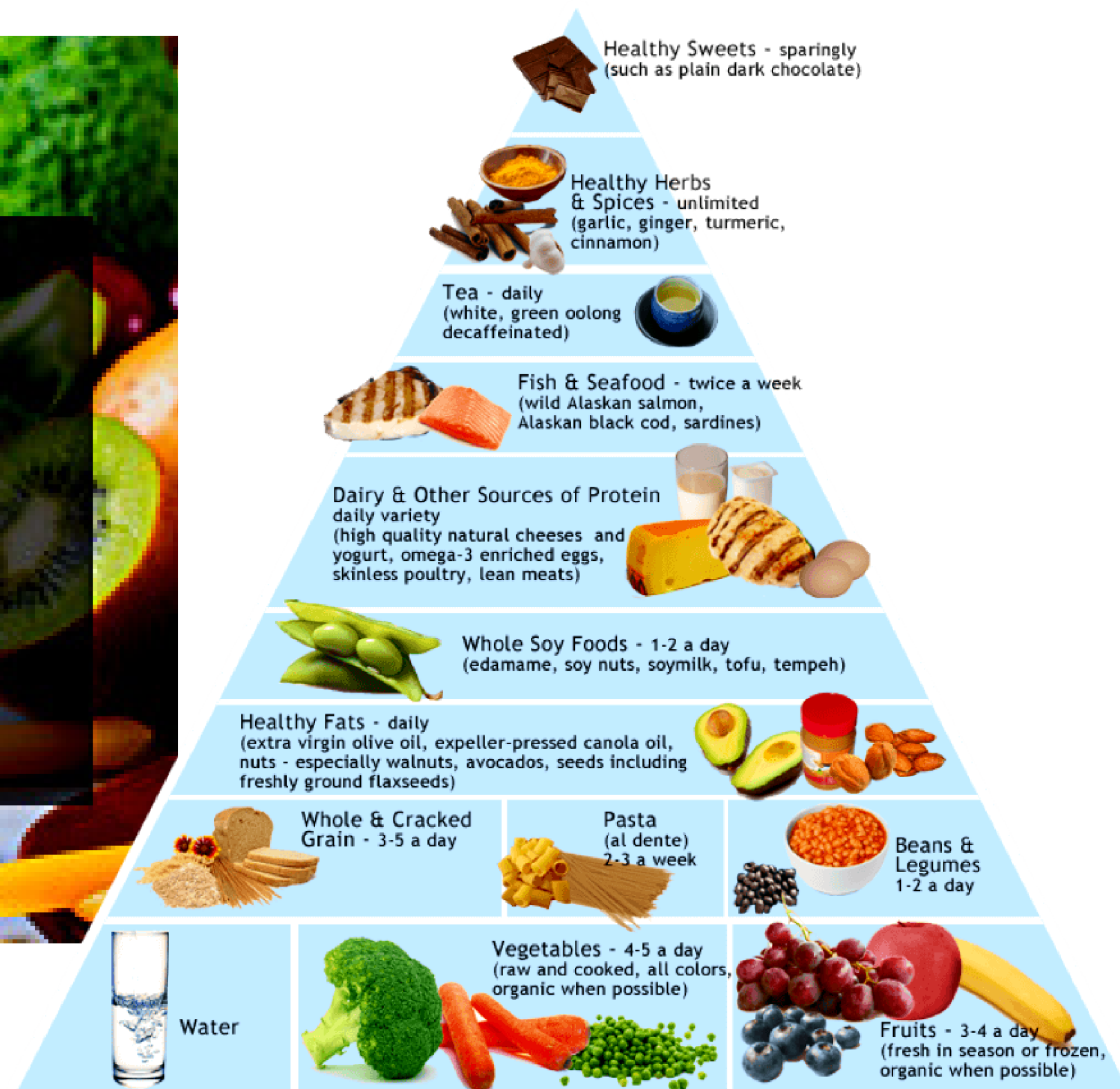
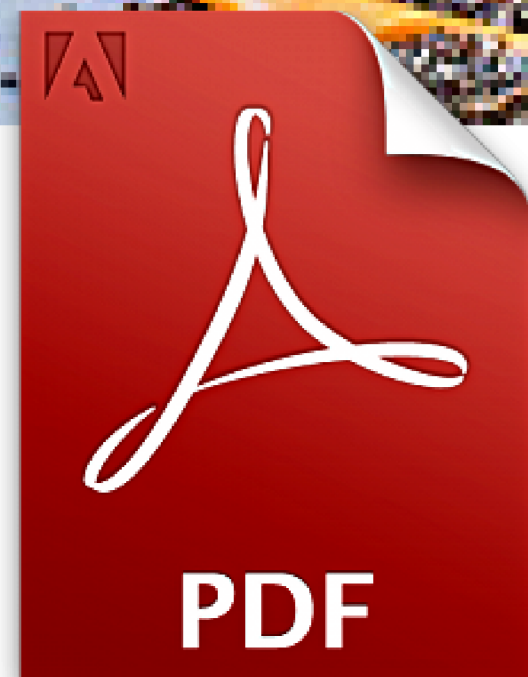
The practice of sungazing closely resembles its name.

At sunrise and/or sunset, when the sun is closest to the earth, sungazers stand barefoot on the earth and look directly at the sun for 10 seconds. Every day, 10 seconds are added and some sungazers eventually reach a duration of 44 minutes.

Special instructions are required to perform this protocol safely, included in your online purchase.



Whole Food Plant-Based



Designed for all lifestyles



Breakfast

Breaking - Fasting

Egg White Omlette

3-5 Eggs (ea. egg is 7 grams of protein)

1/2 Avacado (wrap other 1/2 in plastic)

3 Small Peppers (yellow, red, orange)

2 Protabello Mushrooms Chopped

1 Cup Spinach (organic only)

1 Cup Spring Salad w/dressing

1/2 Cup Cherry Tomatoes

Pink Salt & Black Pepper (2-3 pinches)



**Micronutrients can
help support several
key functions within
your body.**





Brunch

Breakfast - Lunch

Protein Smoothy

20-40 Grams (your favorite protein)

1 Cup Nuts (your favorite kind)

2 Cups Mixed Fruit (berries are best)

1/8 Cup Raw Local Honey

2 Tbsps. Coconut Oil (virgin)

3 Tsp. Chia Seeds

Blend w/ Coconut Milk & Ice

**Micronutrients from
your diet can help
support your body's
immune system.**

**OMEGA-3S CAN
SUPPORT CIRCULATION**

**ANTIOXIDANTS CAN PROMOTE
HEALTHY CELL FUNCTION**





Chicken Stir Fry

Low Sodium - Sautee

White meat chicken breast

White rice (washed & steamed)

Vegetable melody

celery, scallions, red peppers, carrots

Low sodium soy sauce

Ground or minced ginger

Green Tea w/raw honey

**Regular exercise and
adequate sleep can
help support a healthy
immune system.**





Avocado Bread

High - Protein

2 - Ripe avocados

1 tsp. Hemp seed oil

1 Fresh squeezed lemon

2-3 Pinches of pink salt & pepper

4 Egg whites (large eggs)

Cherry tomatoes (sliced in half)

Side salad (romaine, cucumbers)



What you do and eat during the day can all play a part in supporting your immune system.



Salmon Kale Salad

Fresh Greens - Pomegranate

Fresh wild caught salmon

Kale minced (marinated w/lemon juice)

White quinoa

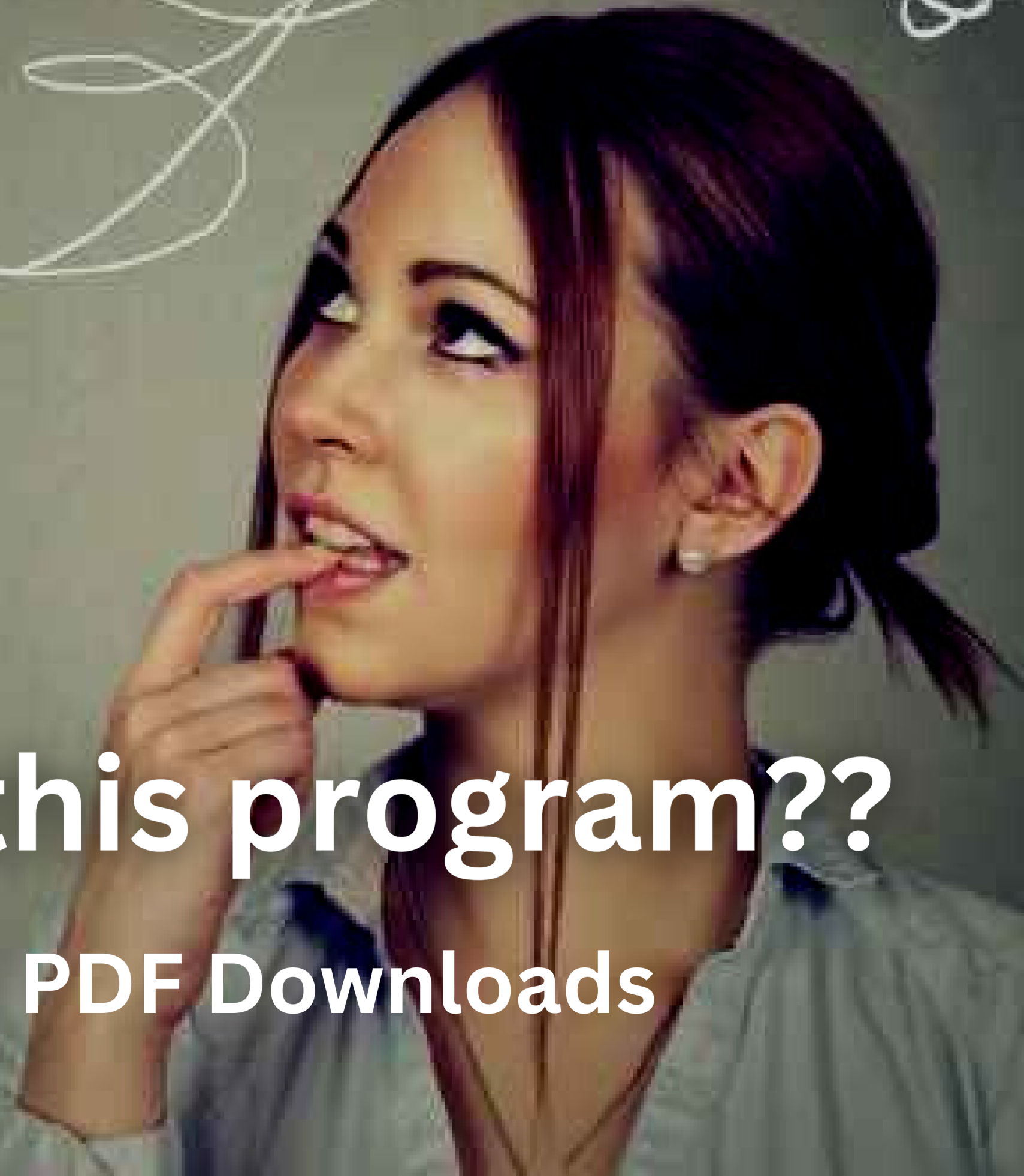
Red pomogranite

2-3 Pinches of pink salt & pepper




What comes with this program??

Receive 5 More Online PDF Downloads



Anti-inflammatory

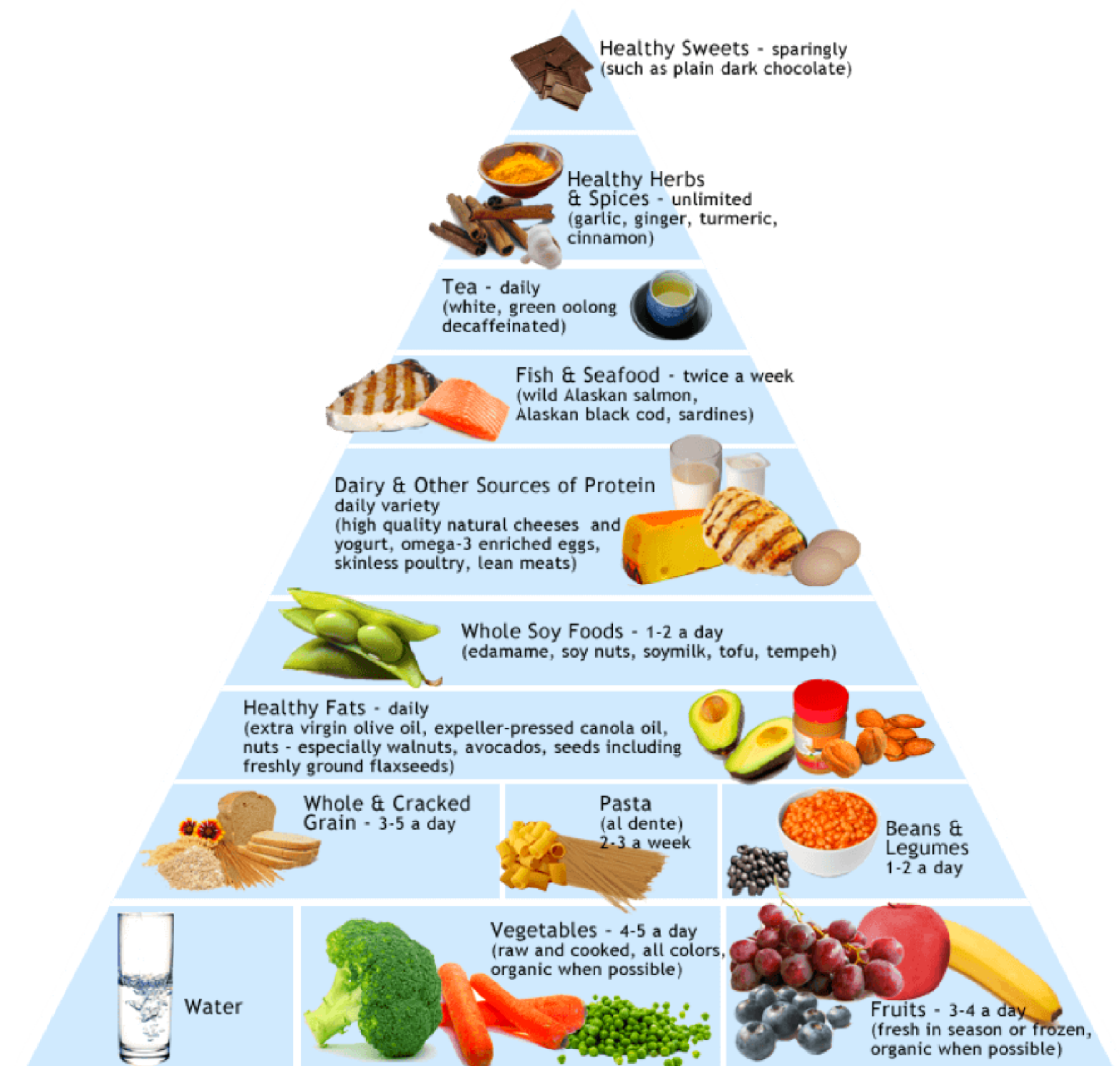
 **ANTI-INFLAMMATORY FOOD LIST**

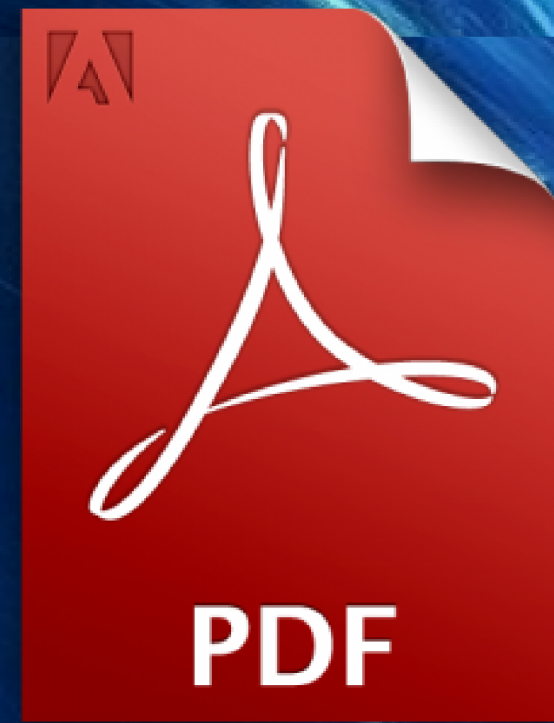
Vegetables organic best, otherwise scrub and clean! <ul style="list-style-type: none">arugulabroccolibrussel sproutscabbagecarrotscauliflowercelerycucumbersegg plantgarlicbeans (green/yellow)kalemushroomsolivesonions (white/red/green)peppers (all)pumpkinradishromaine lettucespinachsquashtomatoeswheat grasszucchini <i>in moderation:</i> <ul style="list-style-type: none">brown/wild ricebeanslentilssweet potatoesquinoa	<ul style="list-style-type: none">walleyeany other 'clean' fish Dairy <i>minimal consumption, raw or low temperature processed</i> <ul style="list-style-type: none">goat milkgoat cheesesheep milksheep cheeseorganic cow's milk (minimal)kaffe (cultured goat milk)raw dairy (cheese, etc.) Meat <i>wild, organic, grass-fed best</i> <ul style="list-style-type: none">wild game (anything)grass-fed cowbisonchickenducklambturkeyeggsminimal pork consumption Nuts/Seeds <i>best is no roast, nothing added</i> <ul style="list-style-type: none">almondsbrazil nutschia seedsflax seedshazel nutspecanspine nutspristachiospumpkin seedssesame seedswalnutsnut buttersseed butters Oils/Butters <i>Unrefined, organic is best</i> <ul style="list-style-type: none">avocado oilalmond oil/butterbutter (pastured best)coconut oil/buttergheegrape seed oilolive oilsesame oilpalm oilwalnut oilNO canola oilNO vegetable oil	Beverages <ul style="list-style-type: none">pure wateralmond milk (no sugar)pure watercoconut milkgrass-fed whey proteinherbal teasfresh vegetable juices <i>in moderation:</i> <ul style="list-style-type: none">coffee (organic, in moderation!)wine (organic when possible!) Sweeteners <i>always in moderation</i> <ul style="list-style-type: none">honey (raw)coconut sugarsteviadark chocolate Supplements <ul style="list-style-type: none">grass-fed whey proteinOmega 3 Fish Oilgreens powderprobioticsvitamin D
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Please understand this is not a complete list of foods, but rather a start for you to learn to get in the habit of choosing whole foods and learn how to integrate them into your existing recipes or create new recipes.

Chiropractic on Eagle
Dr. Jon Saunders, BScN, DC
www.chirofirst.ca
905.953.1020

Food List



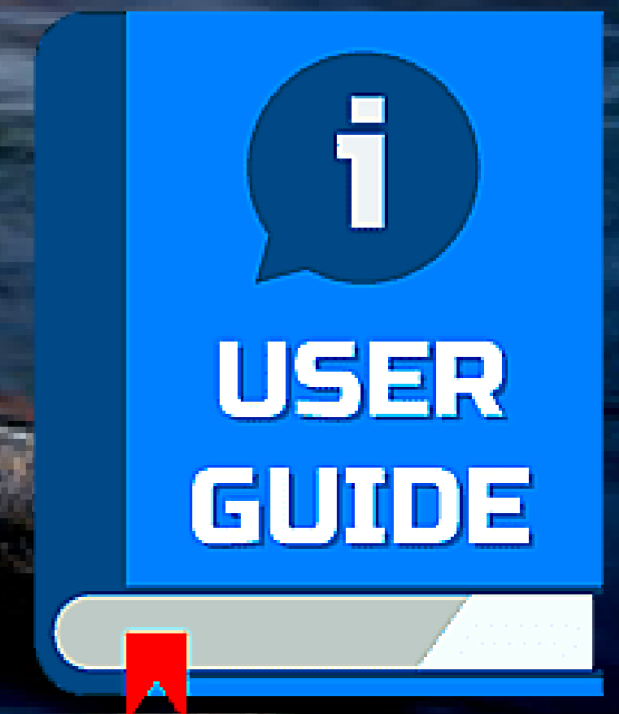


ONLINE MINI-COURSE

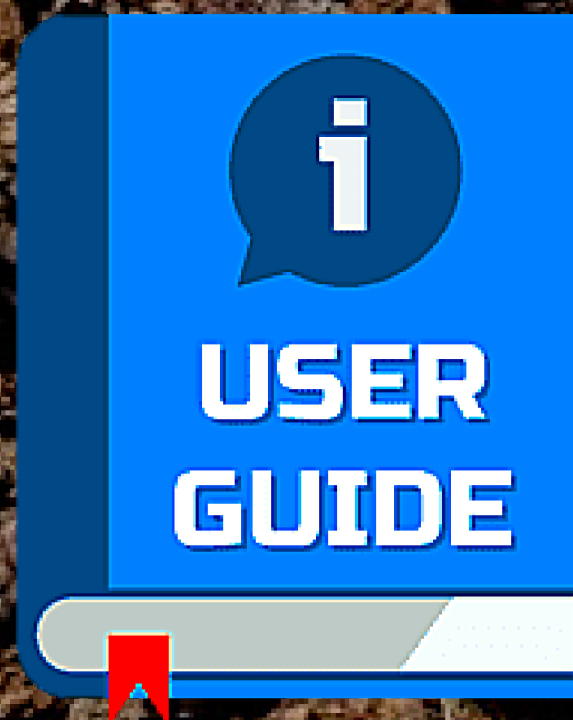
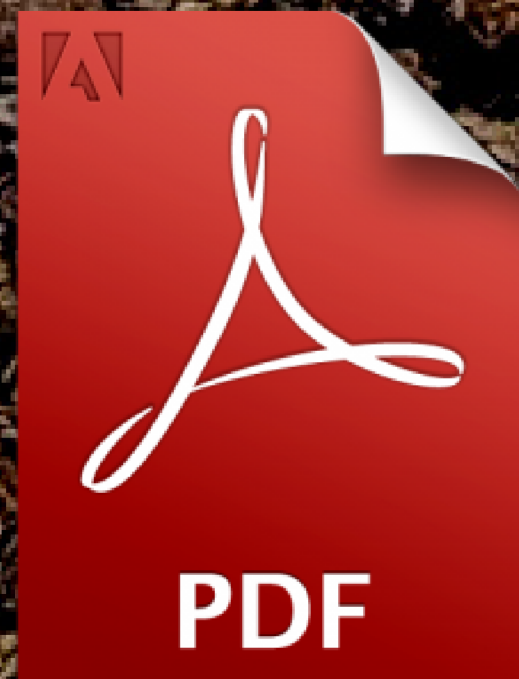
HOW CAN I MAKE STRUCTURED WATER?

THE ART OF SUN GAZING

Mini-Course
GUIDELINE



EARTHING & GROUNDING PROTOCOLS





MEAL PREP IDEAS AND FOOD LIST

Nutrition Coaching Available

[CLICK HERE TO SCHEDULE](#)



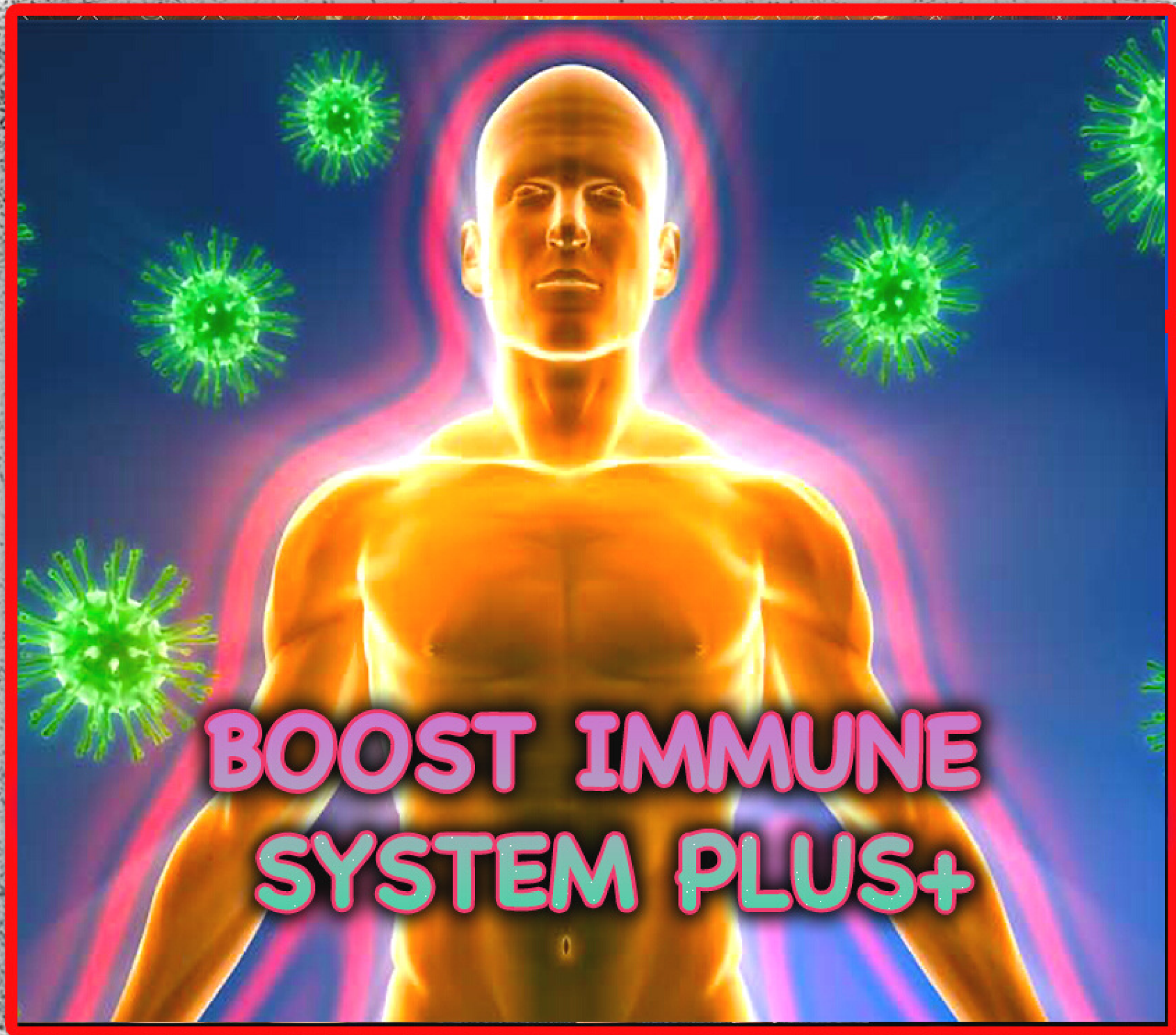


The San Diego Fit Service Guarantee



If you don't improve your health or feel better than when you first started, we will offer you a full money back guarantee. This is because we are a genuine company that expresses confidence in our well thought out and planned processes, that ensures a greatly improved immune system.

Our guarantee is a full refund of the purchase price, and will be granted only if the client follows through with the protocol's contained within. Everyone is also unique, so some clients might respond better to one lifestyle change compared to others. Either way, you'll feel improvements within days.



www.san-diego.fit

Tap into some of these hidden secrets of greatly improved health, this embodied Todd Coburn to a journey that took years to research and develop into an easy to integrate system within 30 days or less with your health coach.



You'll be redirected to the online store



Todd Coburn

Health Coach & Trainer

Need help getting your journey started??

Still have questions about the
BOOST IMMUNE SYSTEM PLUS+??

Click the button below to schedule a
Discovery Session with your Health
Coach Todd Coburn, together you will
achieve greatness!!!

READY TO GET MOVIN'? >
Click the button for a Free session

by San Diego Fit



BOOST IMMUNE SYSTEM PLUS+

<https://san-diego.fit>