

BOOST IMMUNE SYSTEM PLUS+

by San Diego Fit



BOOST IMMUNE SYSTEM +

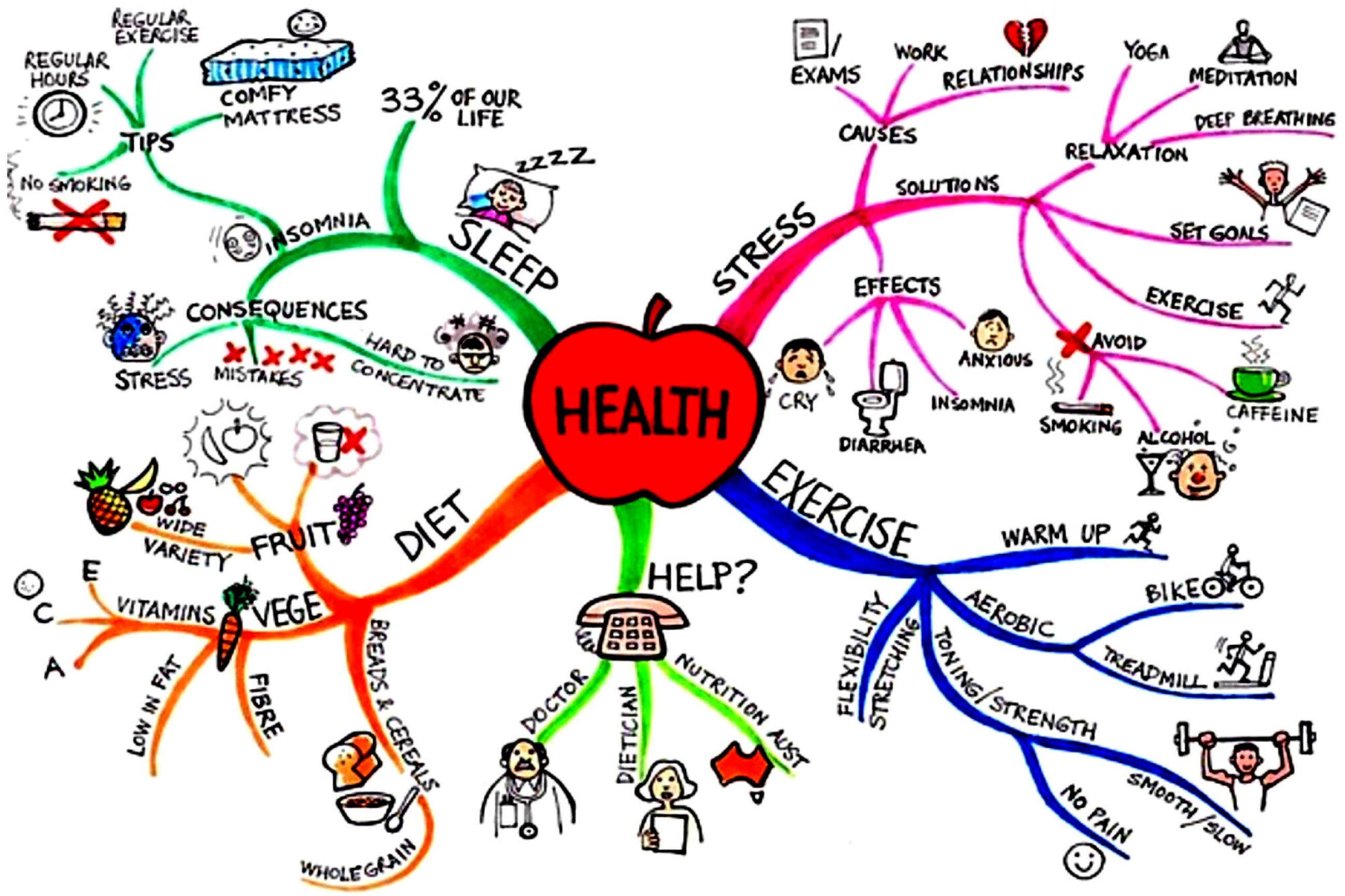
What else is included?

5 EXTRA DOWNLOADS



A top-down view of a wooden surface surrounded by a variety of fresh vegetables and fruits. The items include green bell peppers, tomatoes, cucumbers, zucchini, onions, lemons, eggplants, purple basil, red radishes, green beans, carrots, red and green bell peppers, garlic, and various types of lettuce and leafy greens. The central text is written in a white, textured, hand-drawn style font.

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**



Make sure to use high quality and food based supplements, and avoid all synthetic forms.

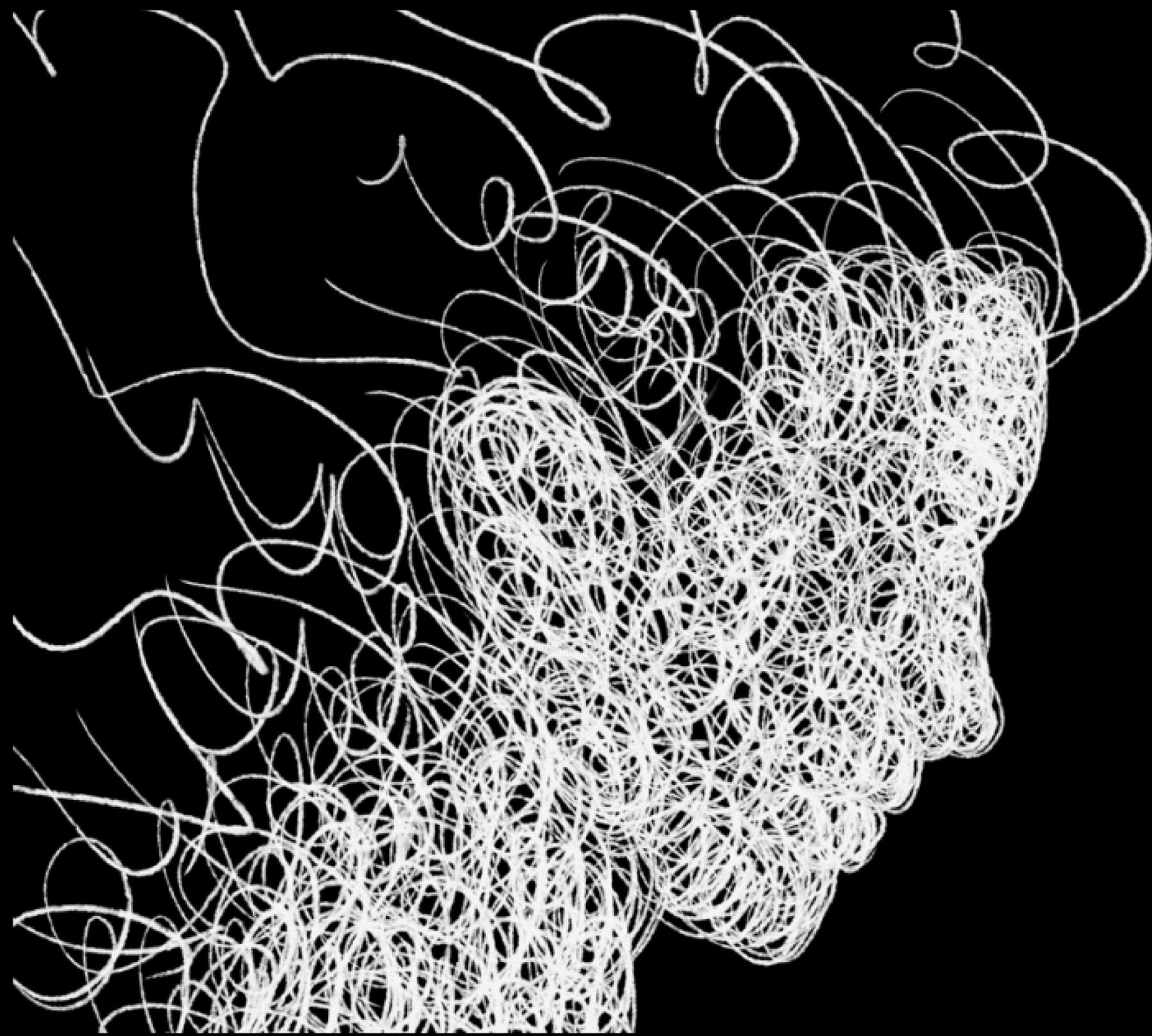
Discuss the best options with your health coach.

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 it's defense.



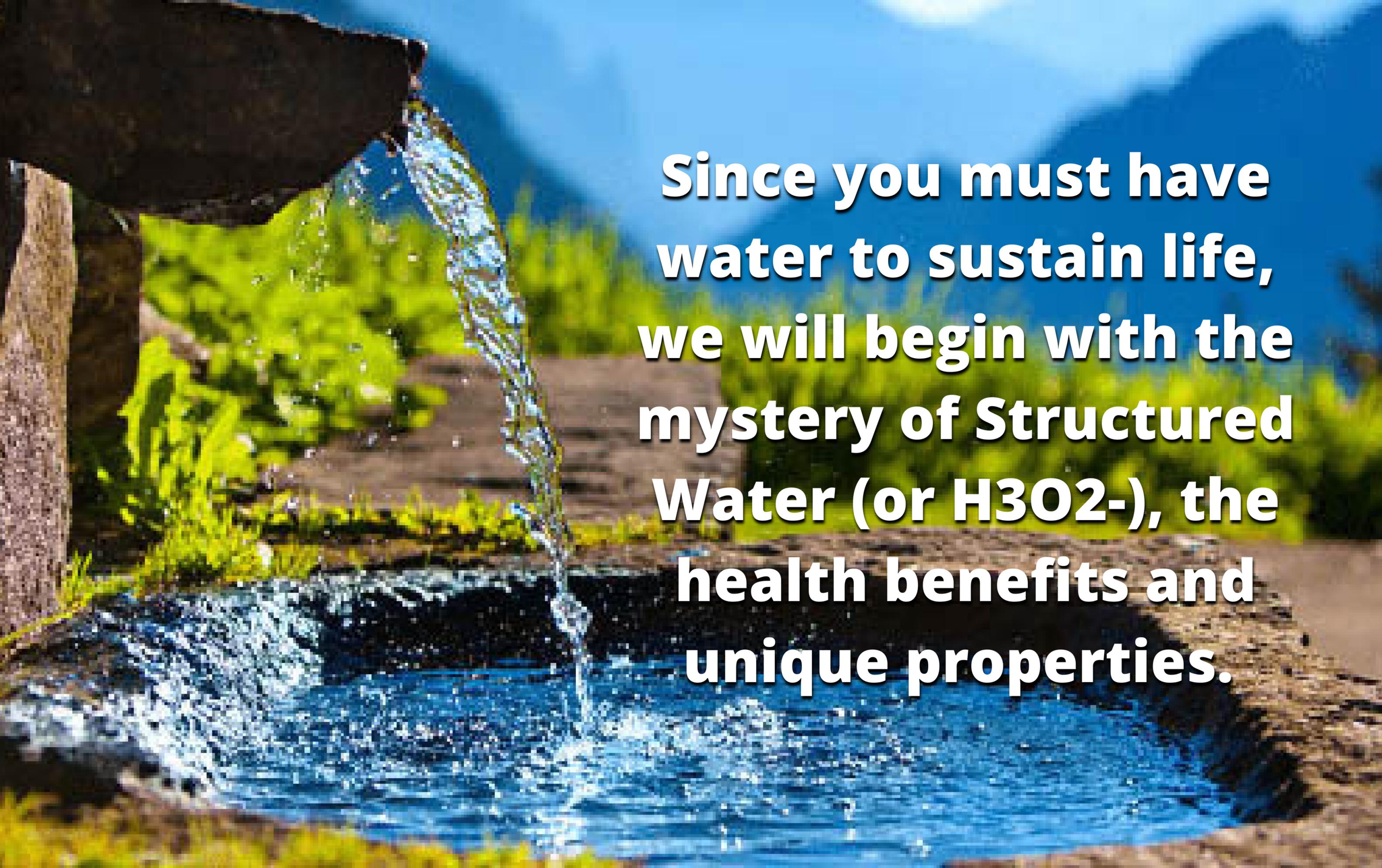


Clean Up My Cluttered Mind

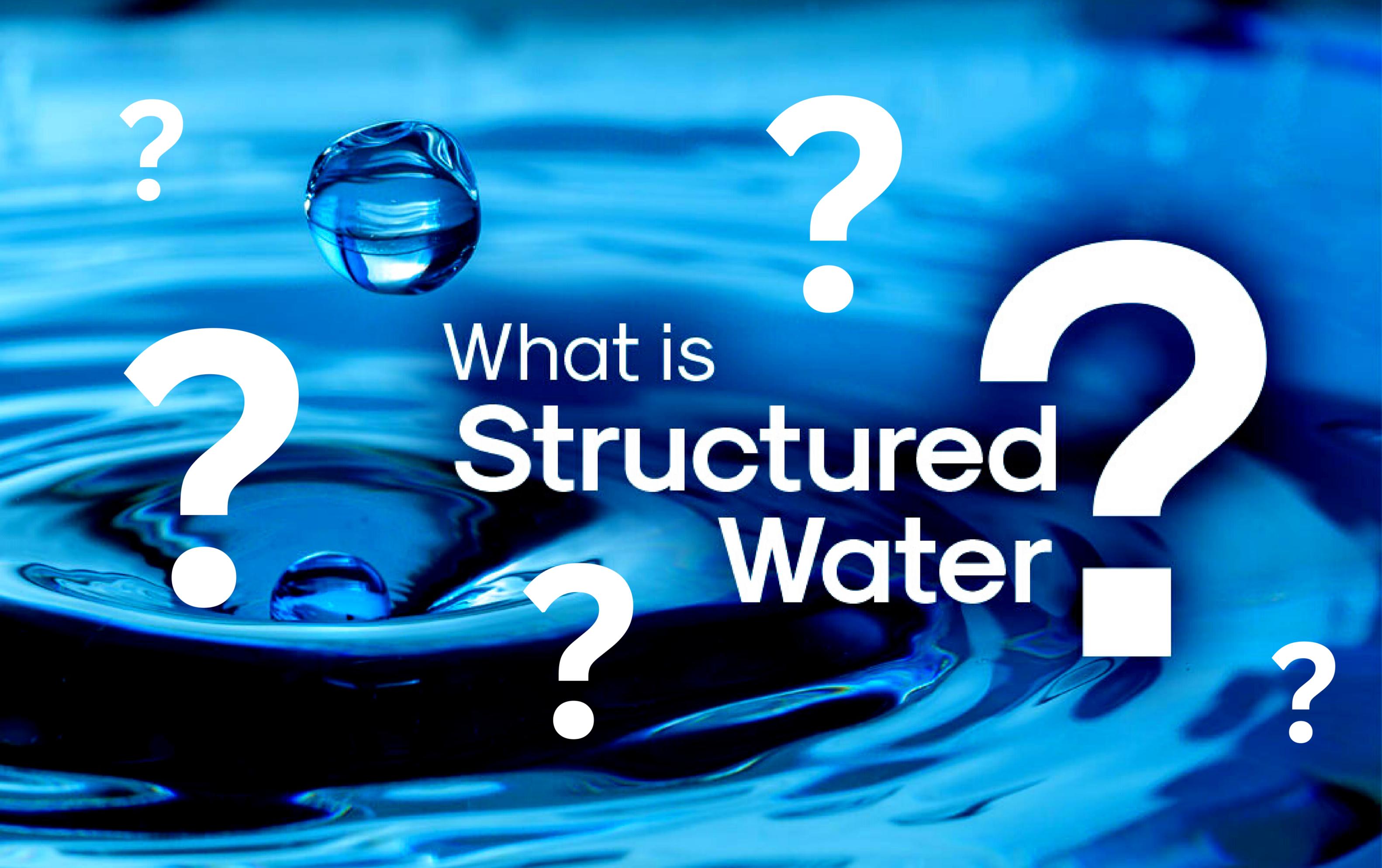


A healthy mind comes from maintaining proper nutrition intake, stress relief, a connection with nature, meditation or prayer and several other key elements.





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.



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



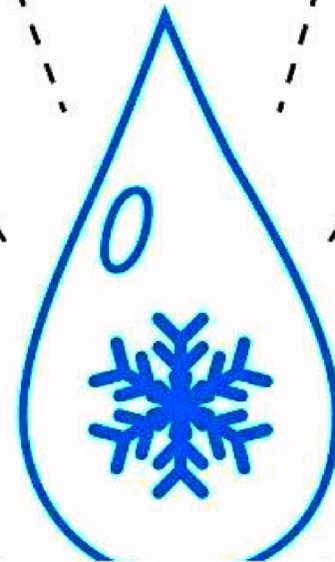
IMUNE SYSTEM

Promotes immune system
function and longevity



DISCS OR CARTILAGE

Improves discs and cartilage



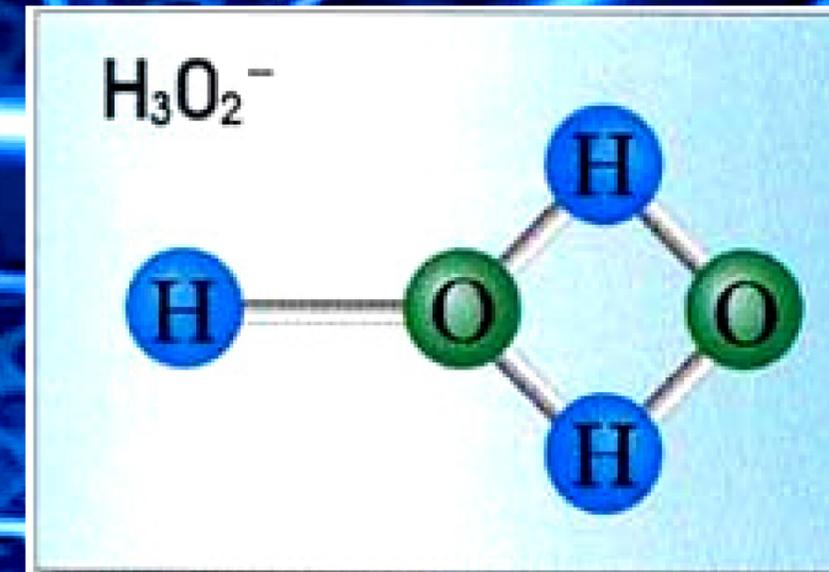
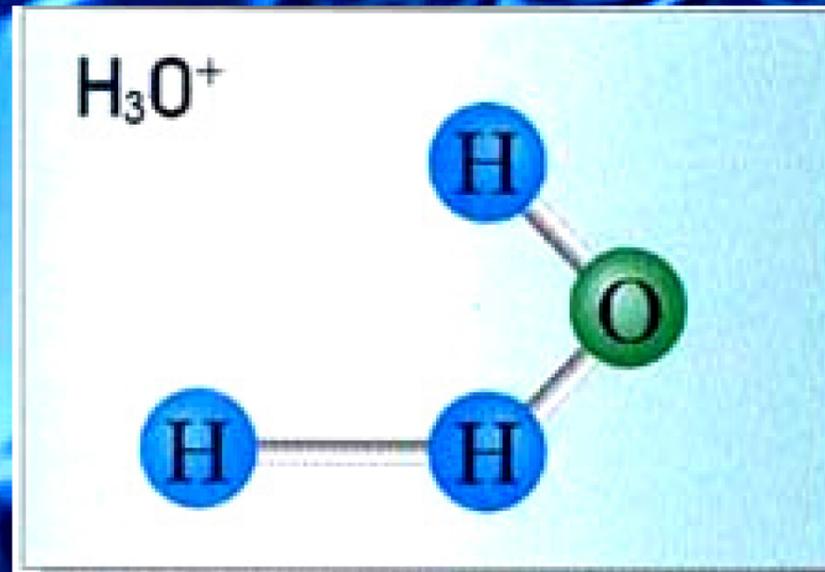
STRUCTURED WATER

Hydration is required for almost every activity of the body.

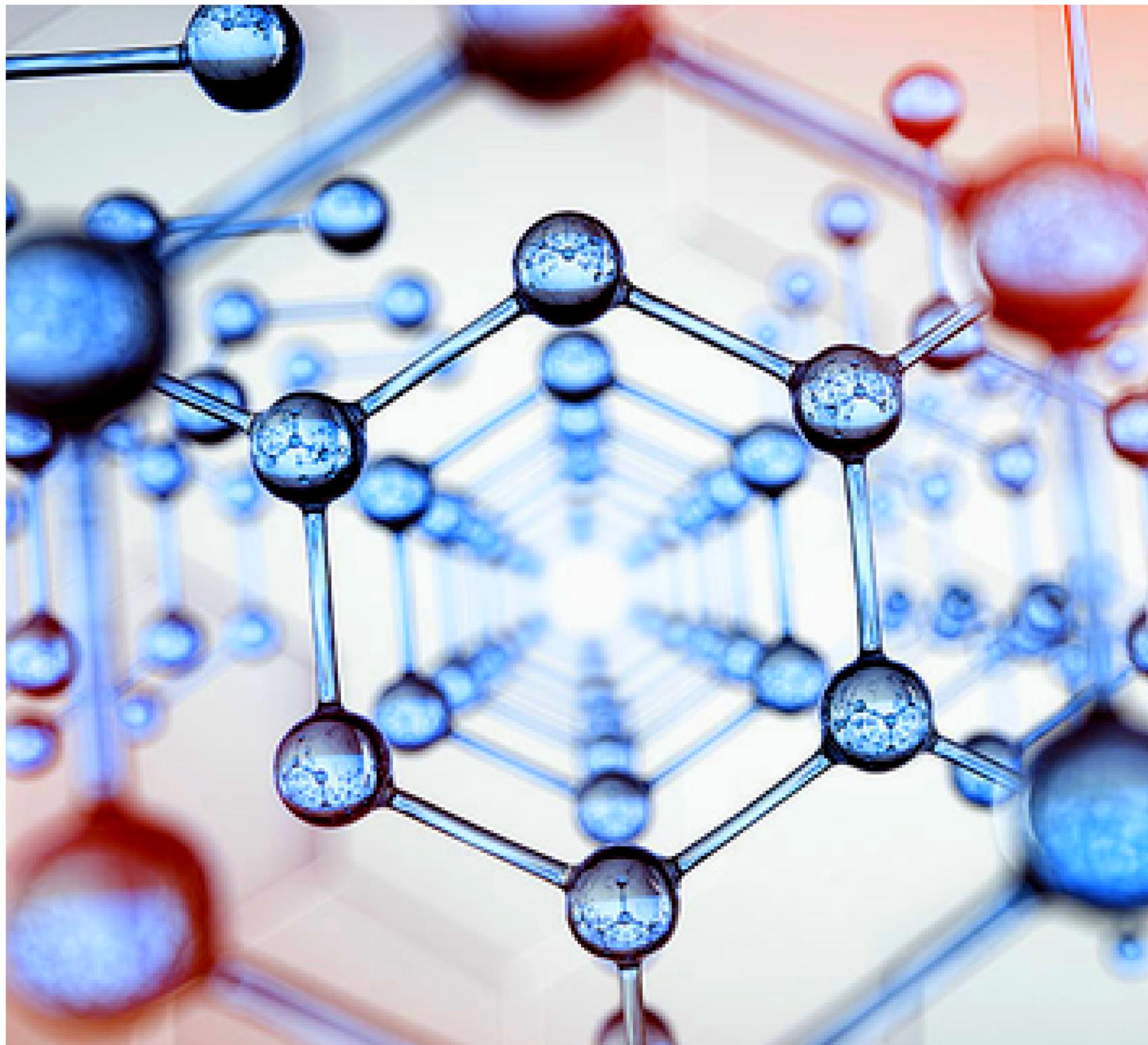
A dynamic, swirling blue vortex of water, resembling a whirlpool or a deep ocean current, filling the entire frame. The water's surface is highly textured with fine, radiating lines that create a sense of depth and movement. The color transitions from a bright cyan at the top to a deeper, darker blue towards the center of the vortex.

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.

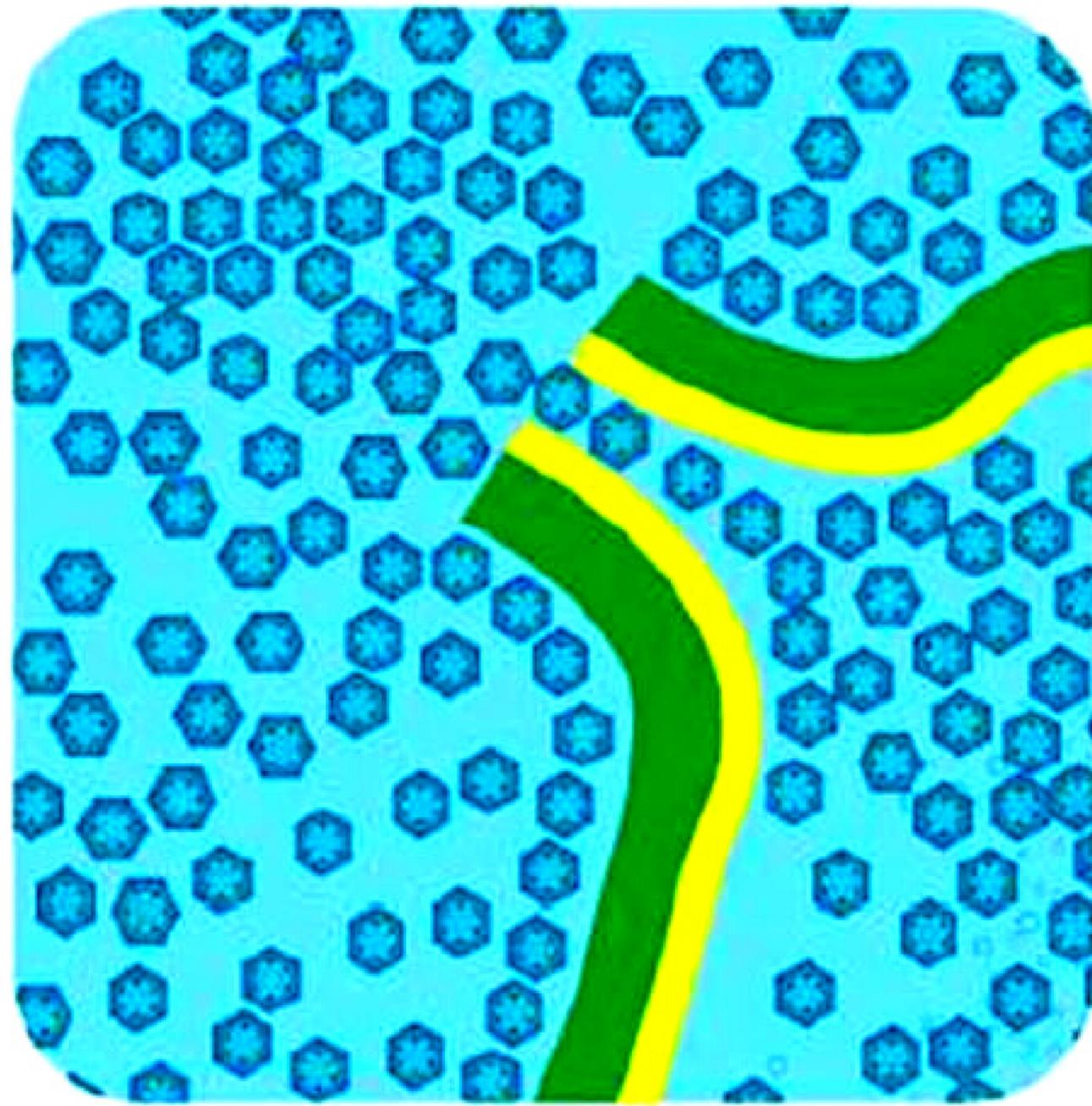


Benefits of
HEXAGONAL
Water



Structured Water

Unstructured Water



Full Hydration

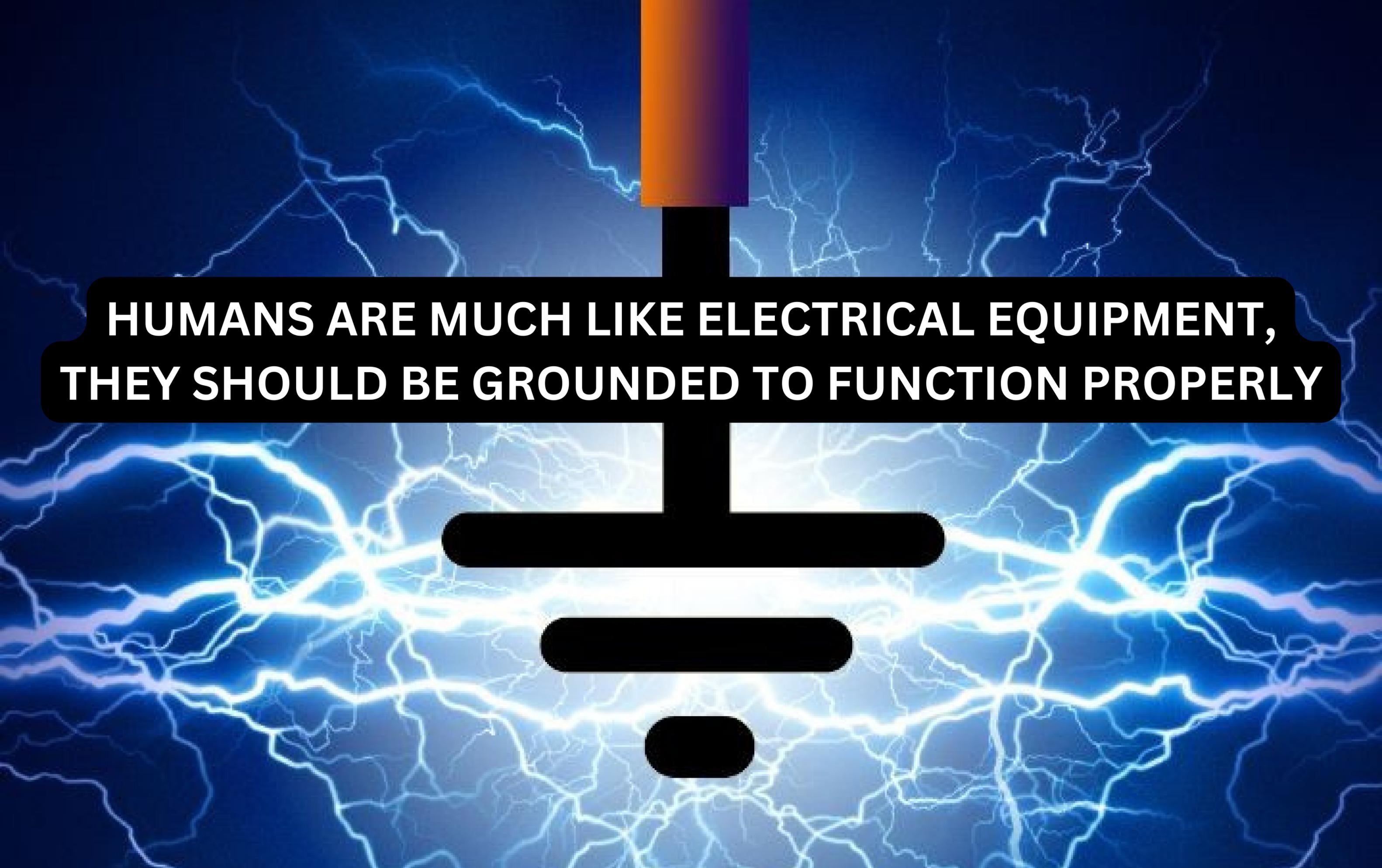


Partial Hydration

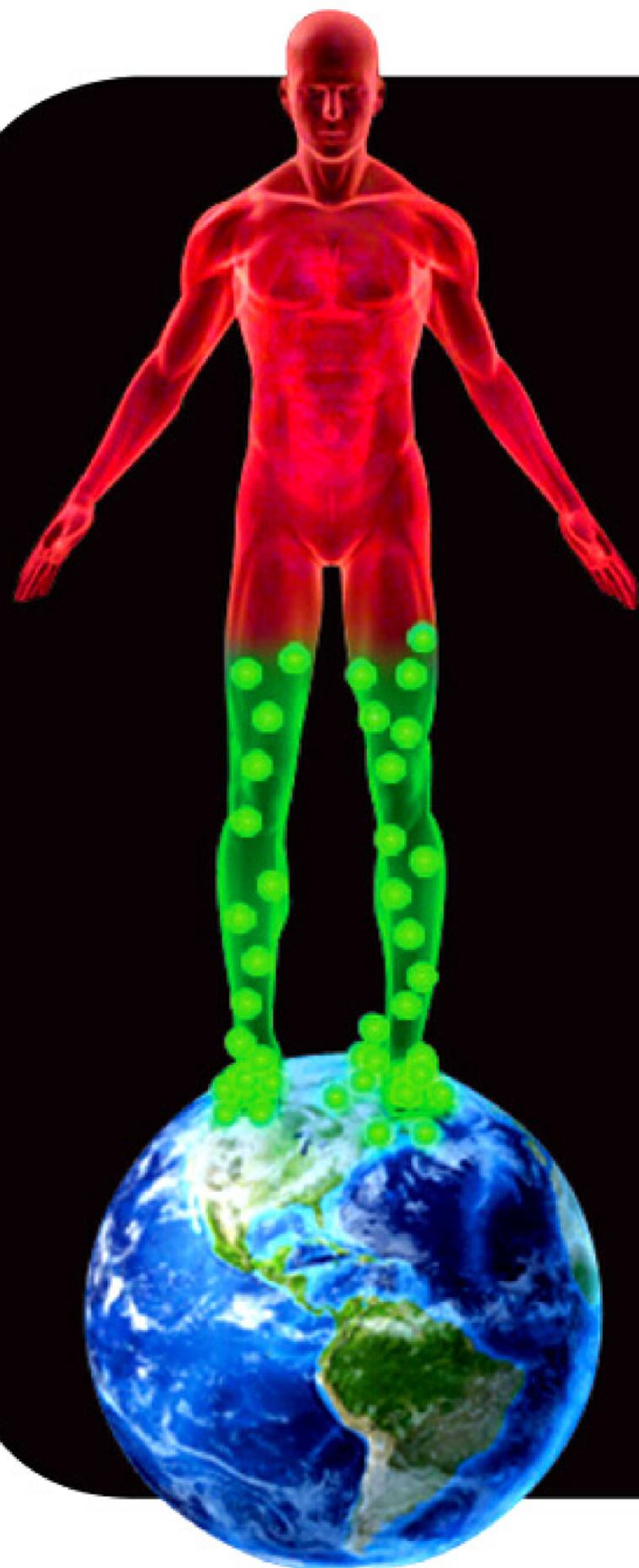
EARTHING

(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.

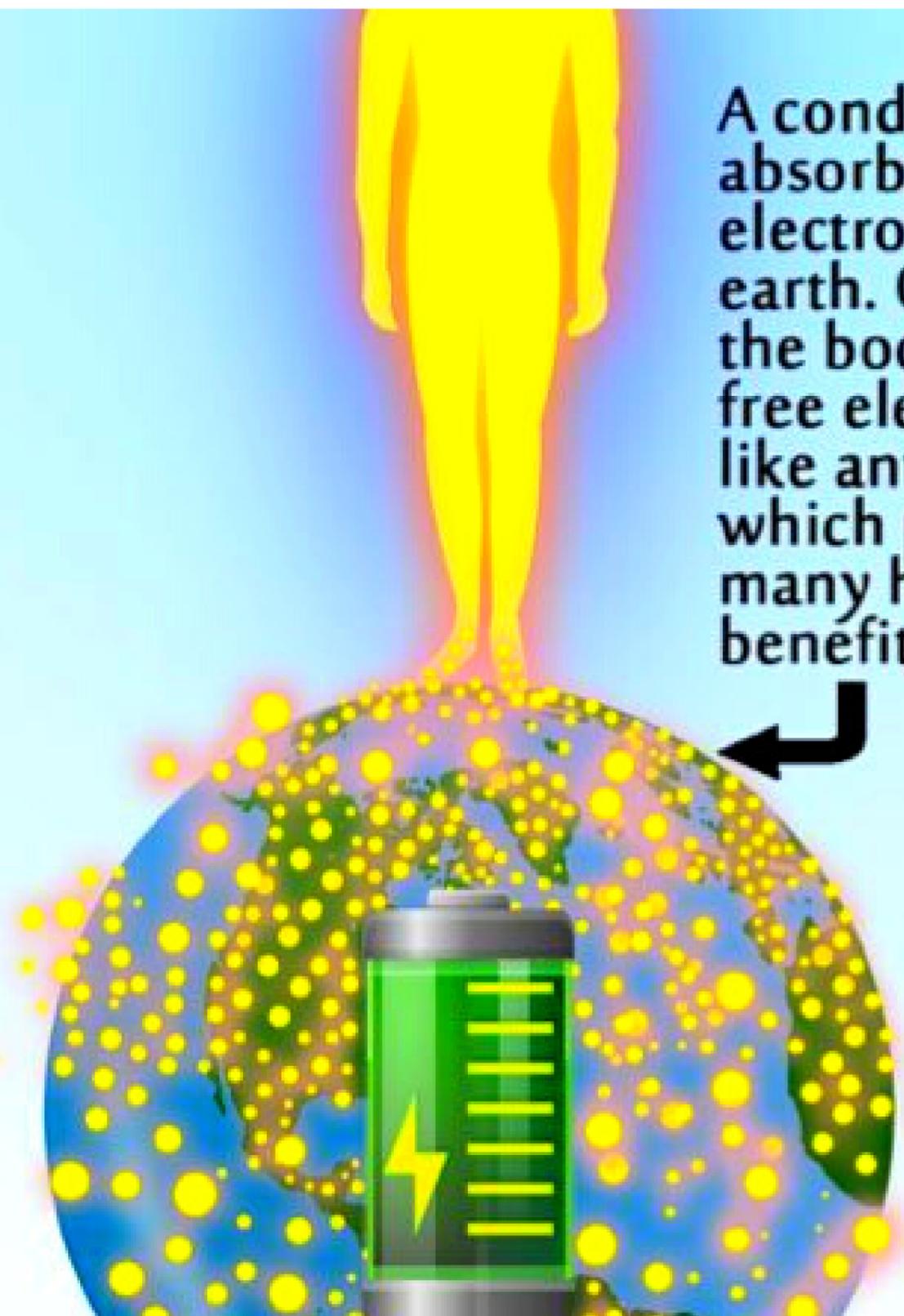
“ EARTHING INDOORS IS AN EASY & CONVENIENT WITH OUR EARTHING UNIVERSAL MAT ”



Health Benefits of **GROUNDDING**

- 🍃 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**.



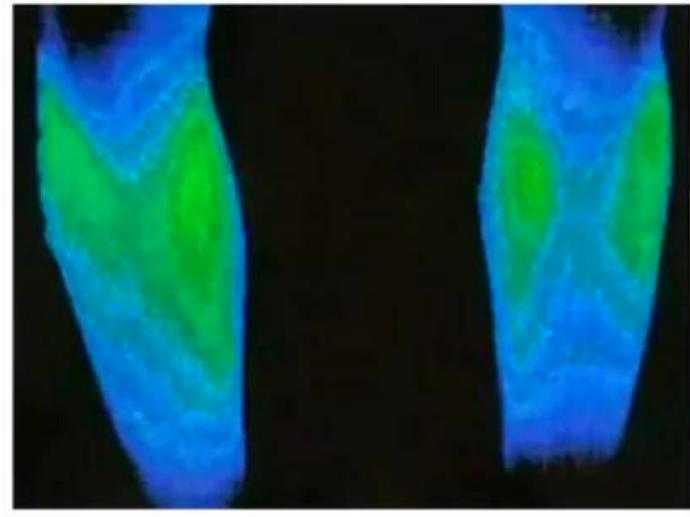
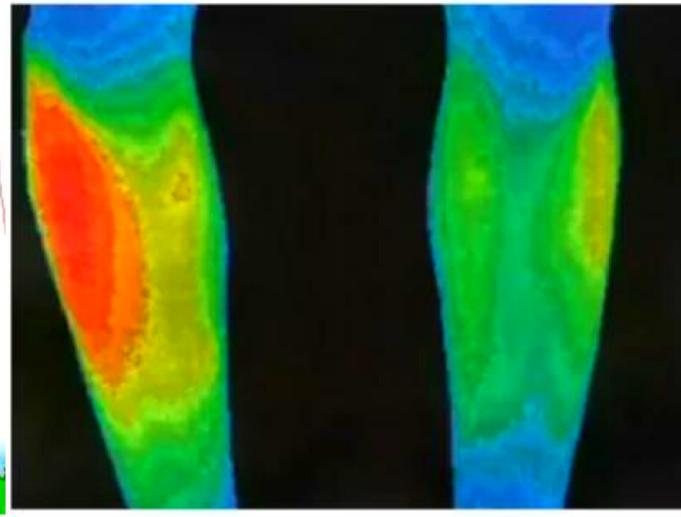
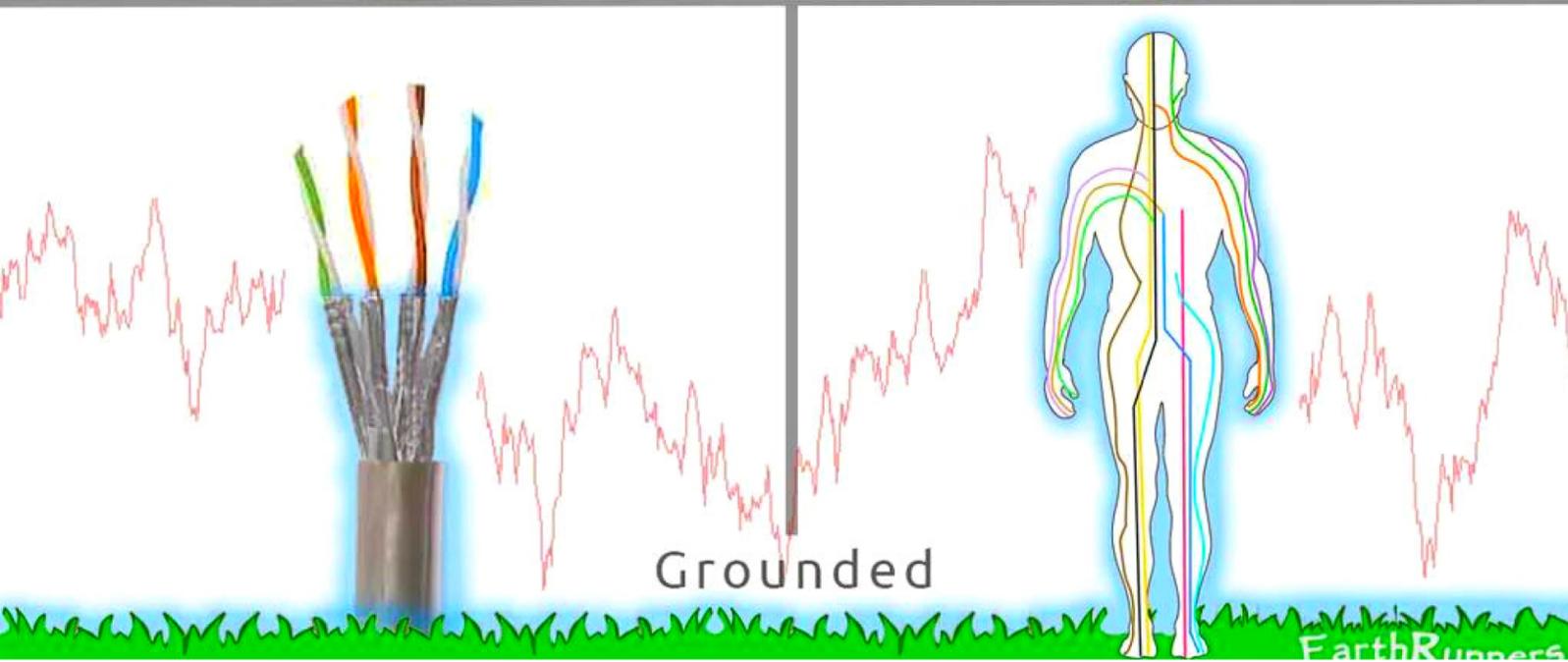
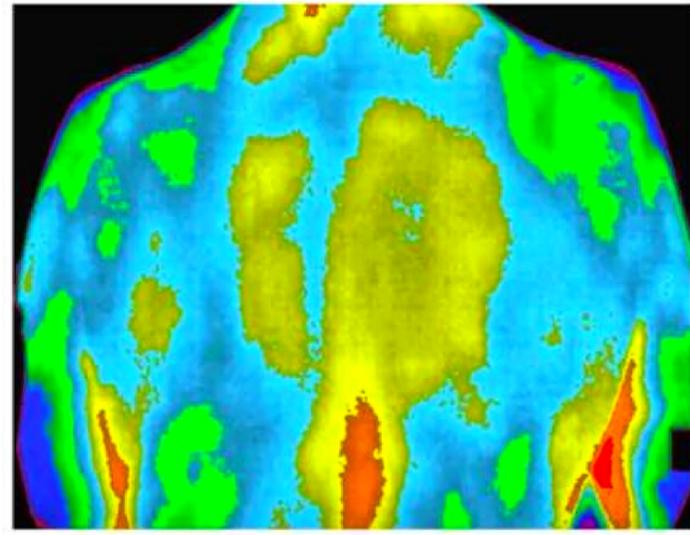
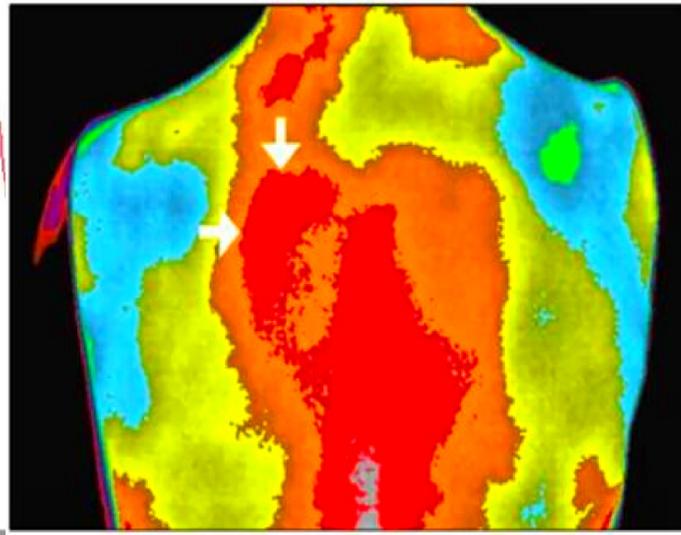
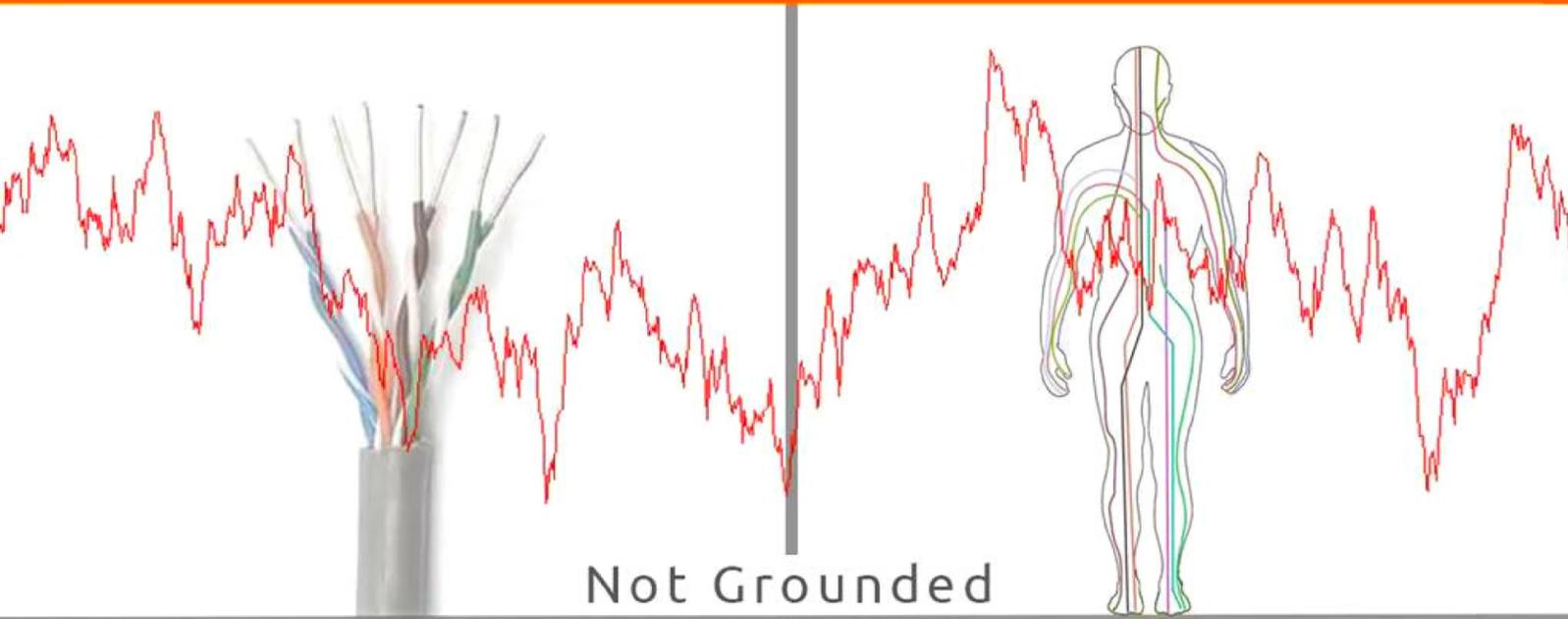
A conductive body absorbs free electrons from the earth. Once inside the body, these free electrons act like antioxidants, which provides many health benefits.

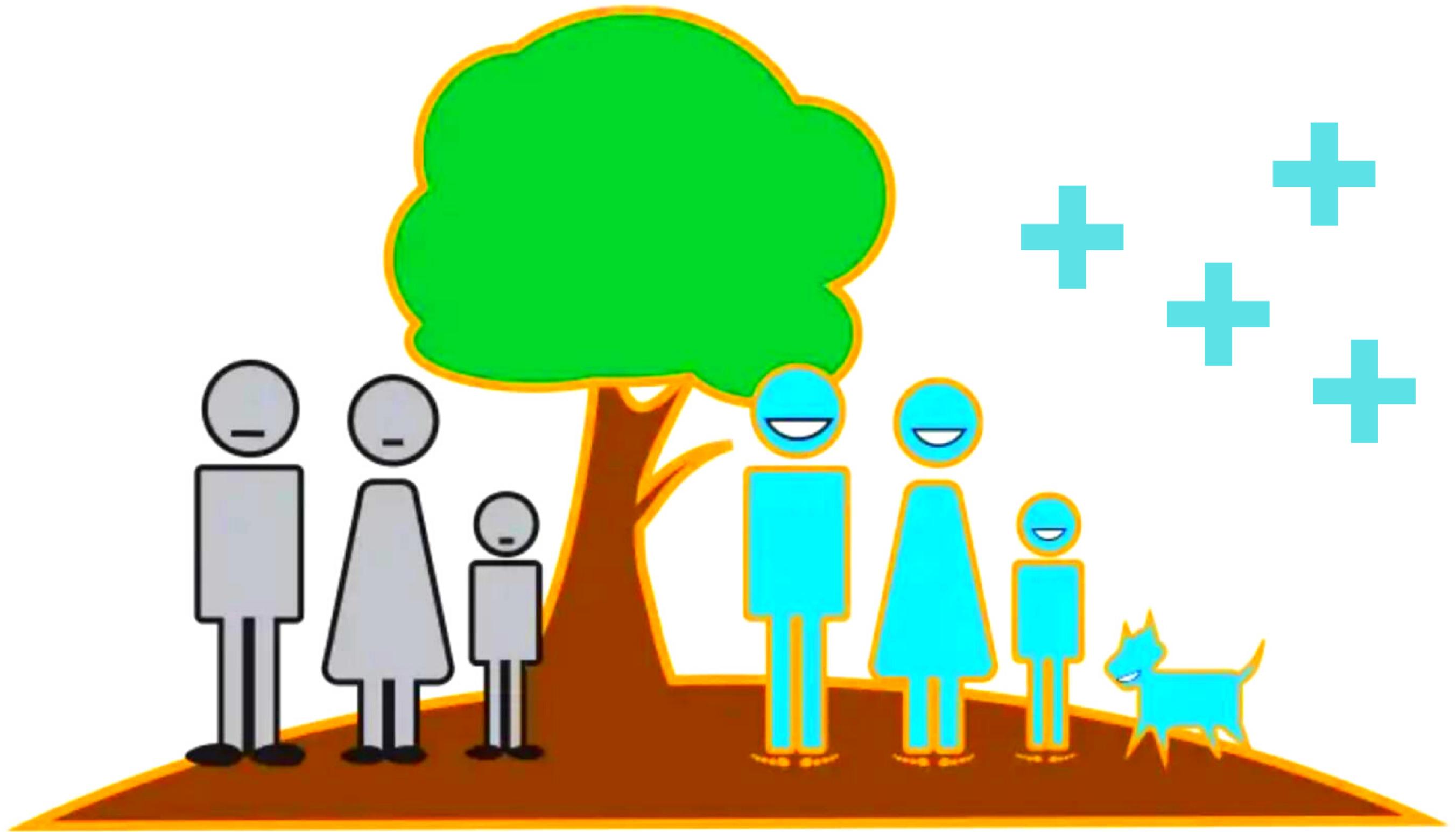
Earthing “OUTDOORS” is easy, just touch your bare feet to the grass for at least thirty minutes or go barefoot at the beach and notice how fast stress and pain reduces and energy improves!

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



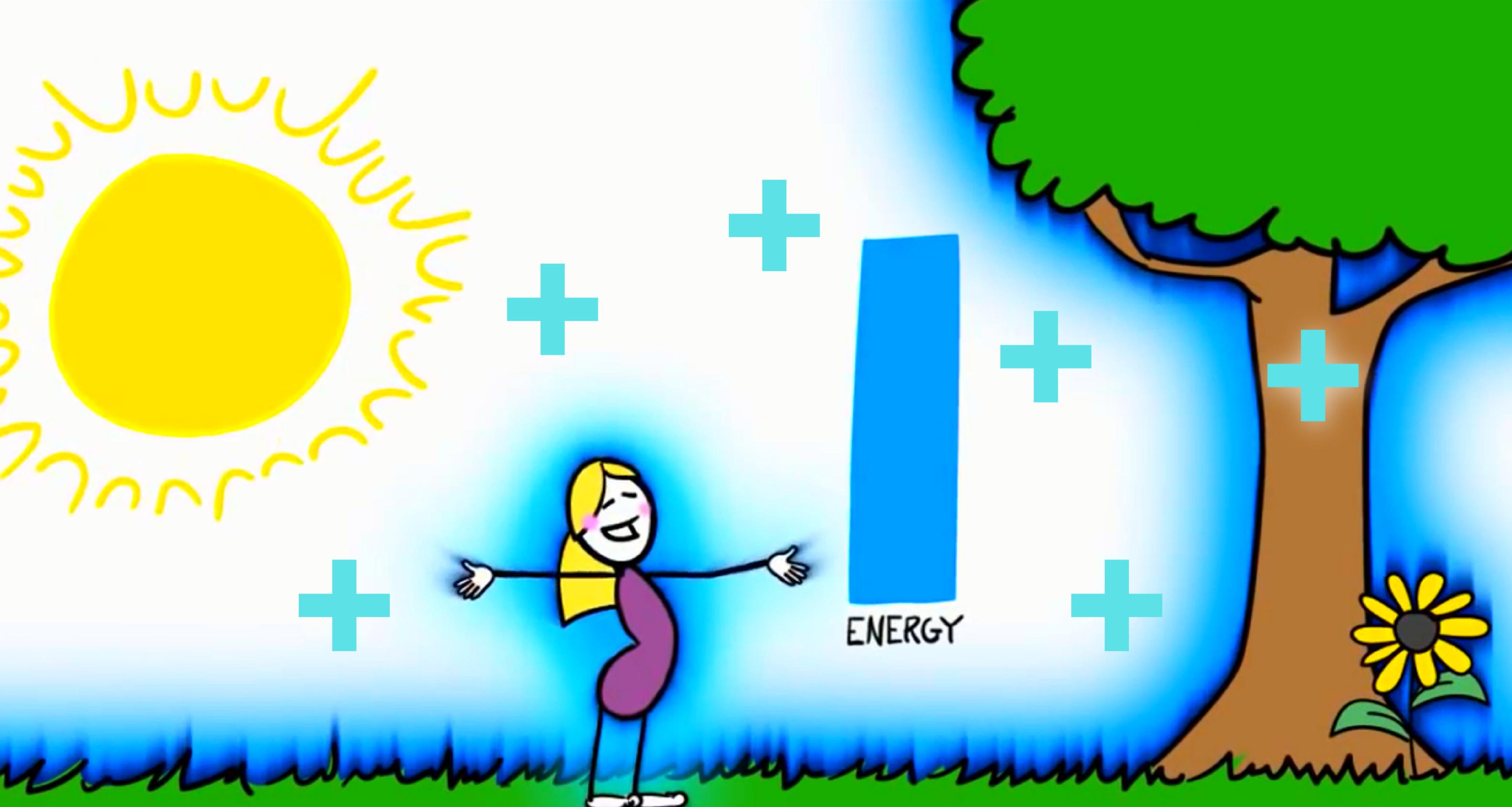


The Earth's energy is blocked
by synthetic shoes

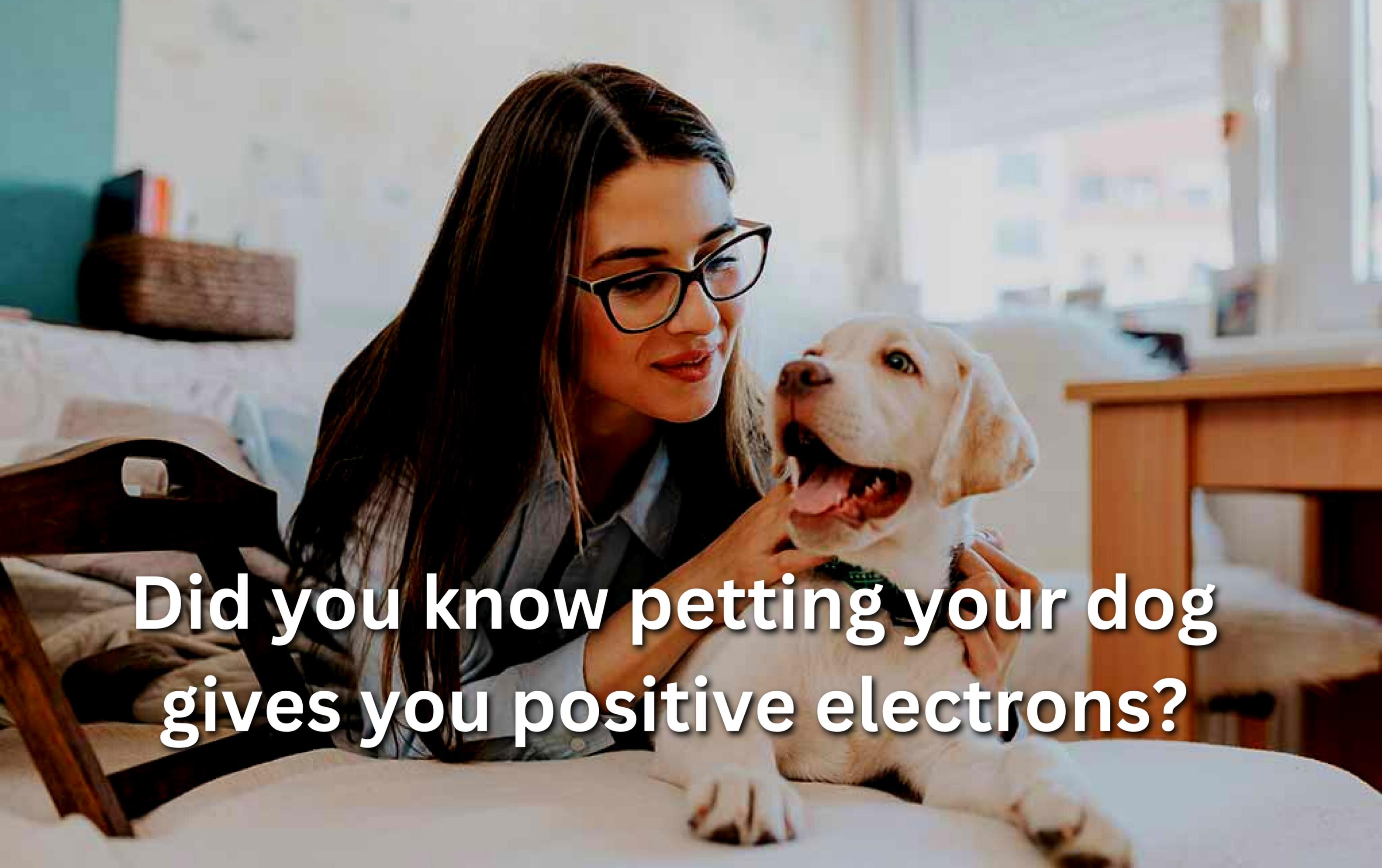
Grounded by direct contact
with the Earth

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 young woman with long dark hair and glasses is sitting on a bed, petting a happy white dog. The dog is lying down with its mouth open, looking up at her. The background shows a bedroom 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?



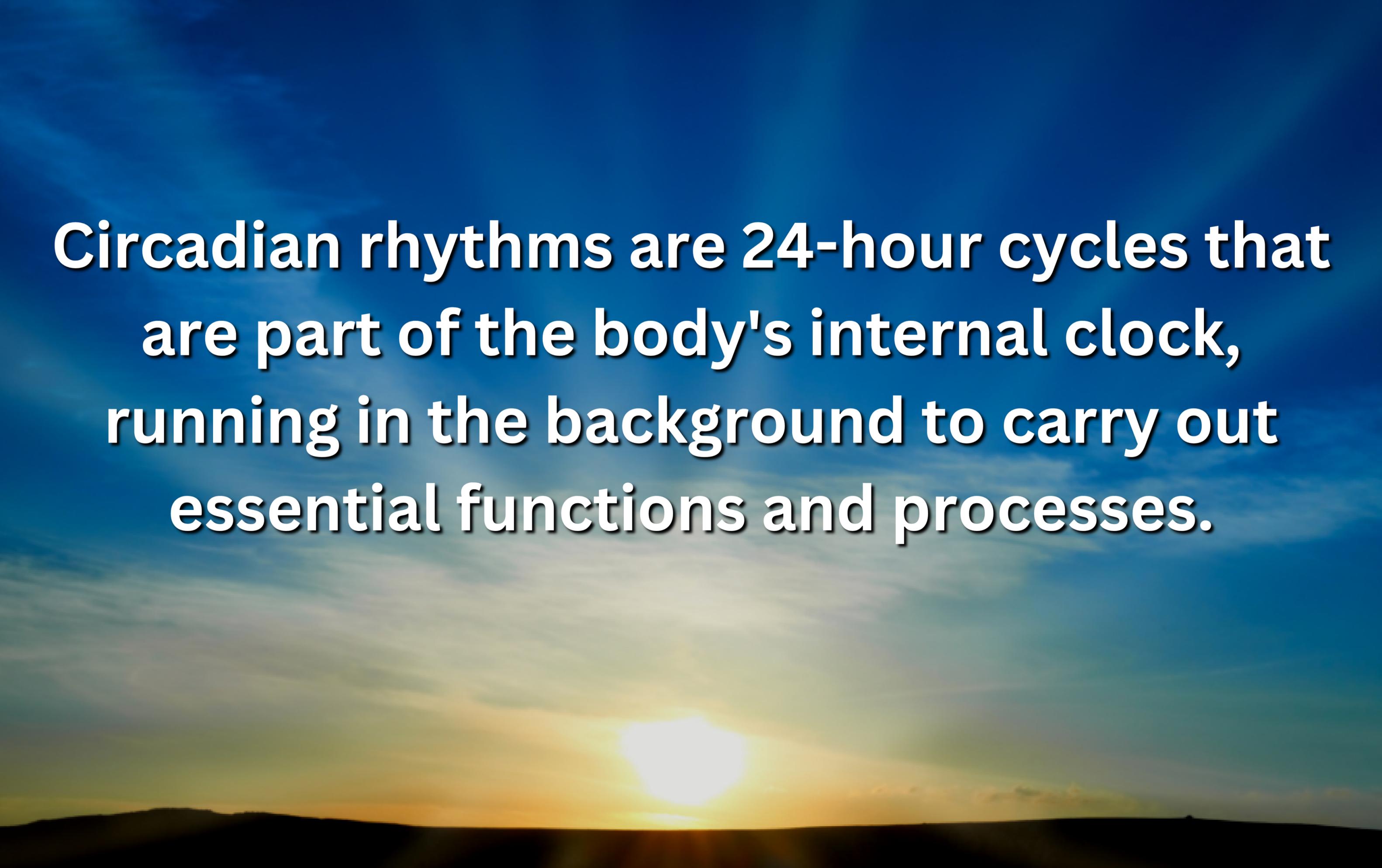
A young woman with long, curly brown hair is sitting in a meditative lotus position on a dark, textured surface, possibly a rock or a mat. She is wearing a dark blue or black two-piece athletic outfit. Her eyes are closed, and she has a calm, focused expression. The background is a dense, lush green forest with various types of foliage, including ferns and broad-leafed plants. The lighting is soft and natural, suggesting an outdoor setting. Overlaid on the bottom half of the image is white text with a black outline.

**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?**

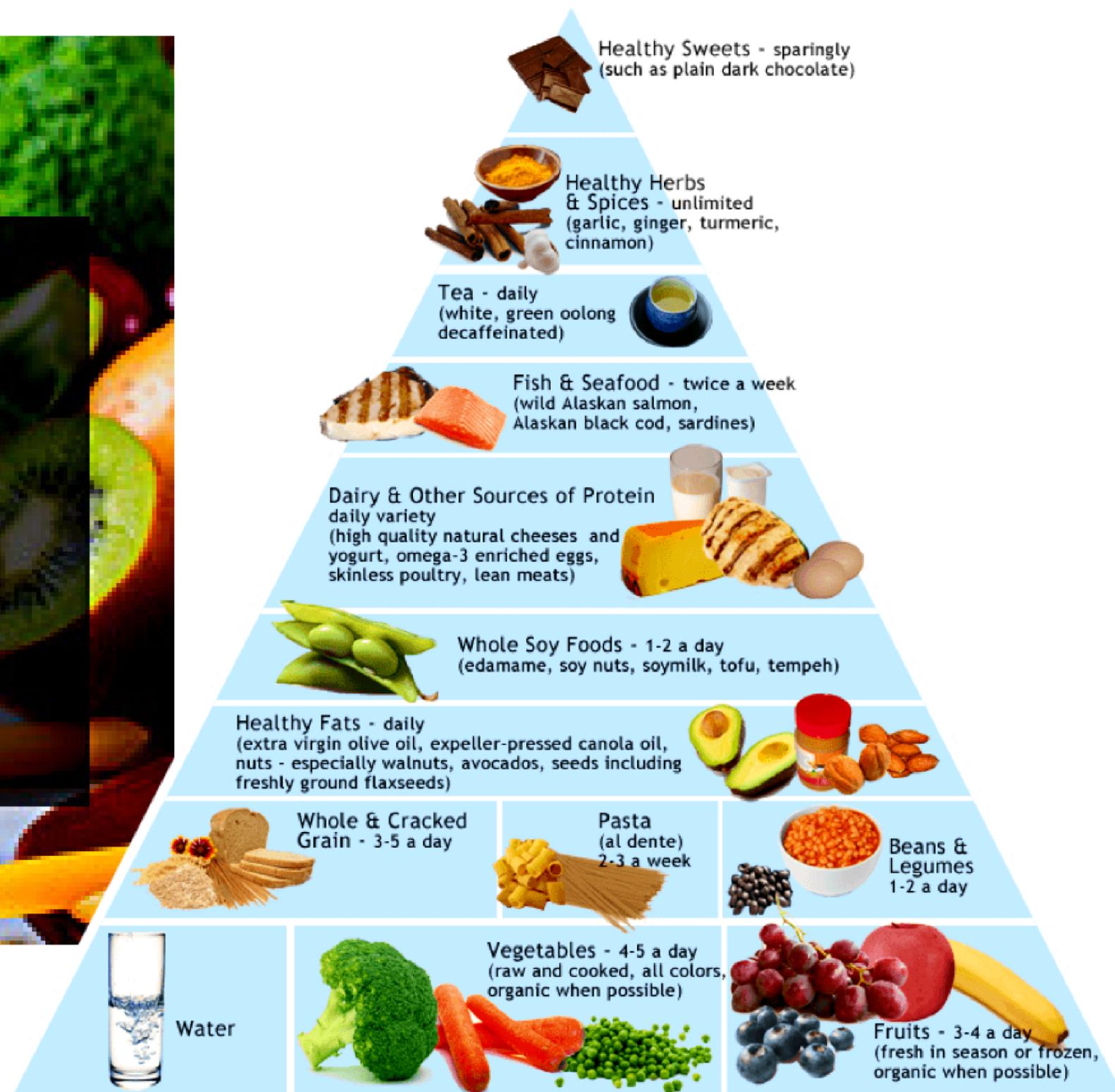
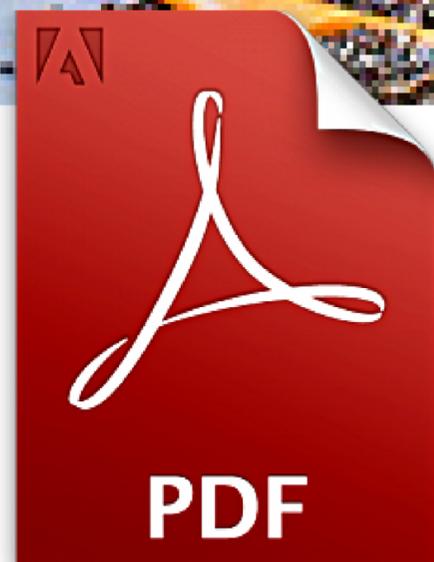
The practice of sungazing closely resembles its name.

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

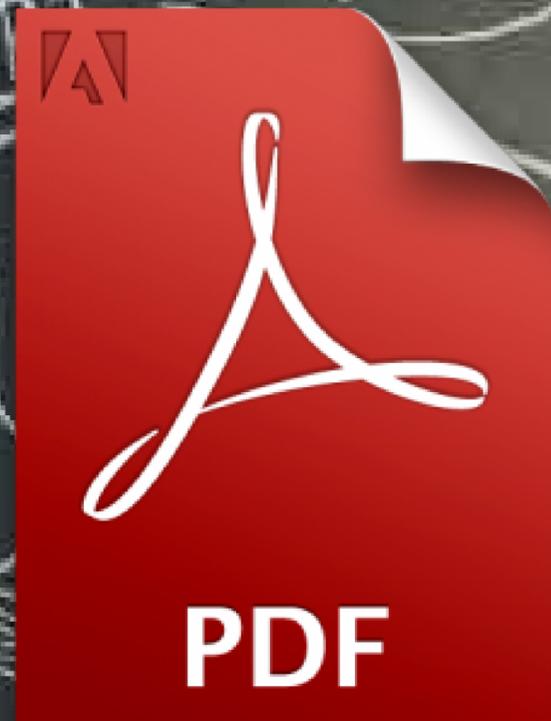
Fresh wild caught salmon

Kale minced (marinated w/lemon juice)

White quinoa

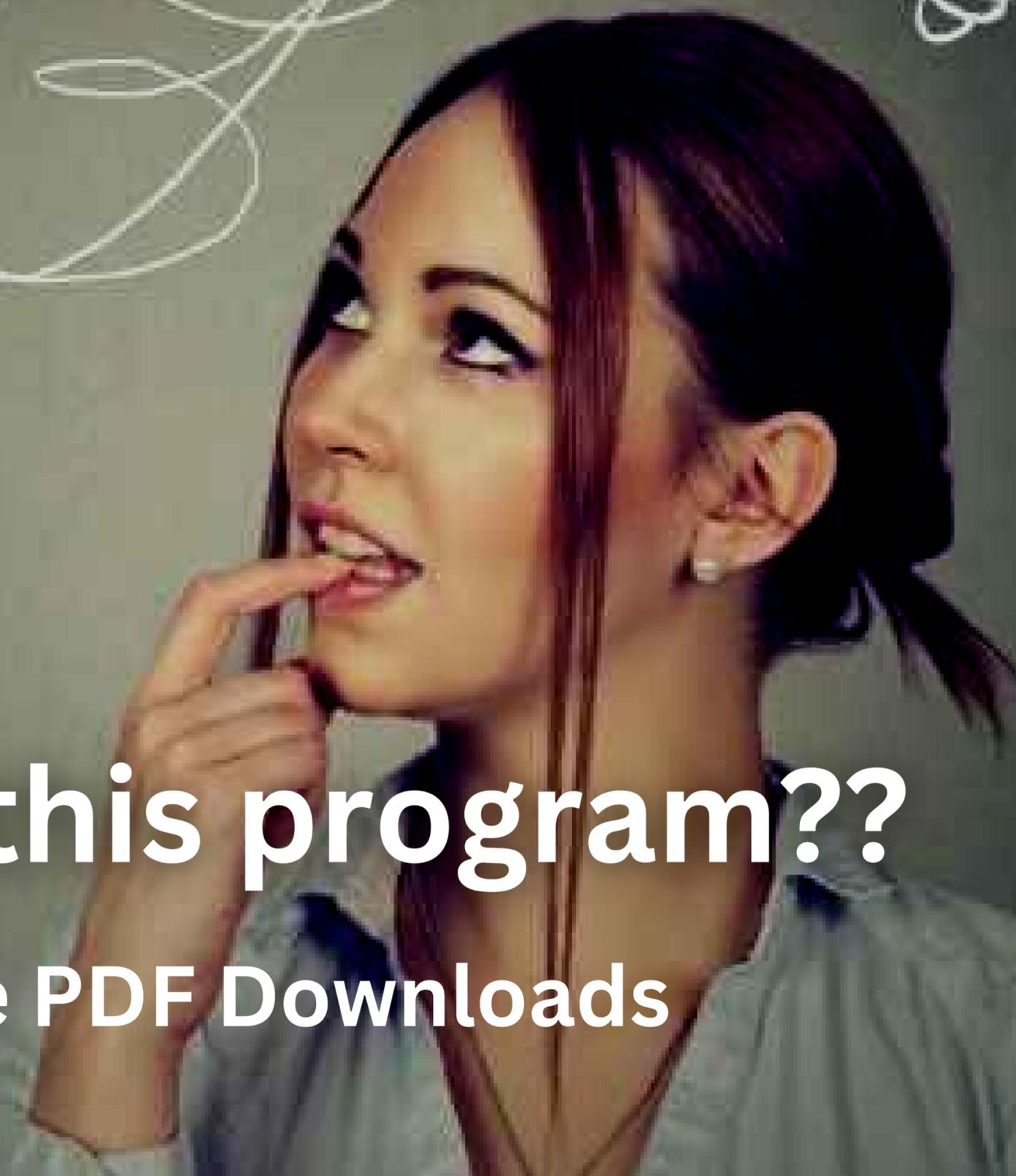
Red pomogranite

2-3 Pinches of pink salt & pepper



What comes with this program??

Receive 5 More Online PDF Downloads



Anti-inflammatory

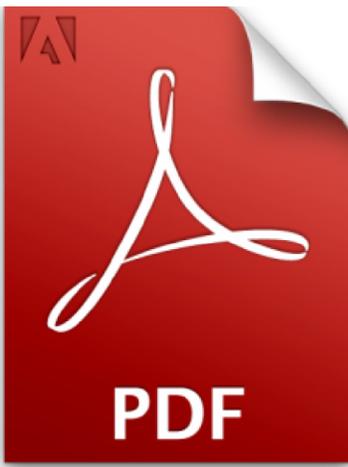
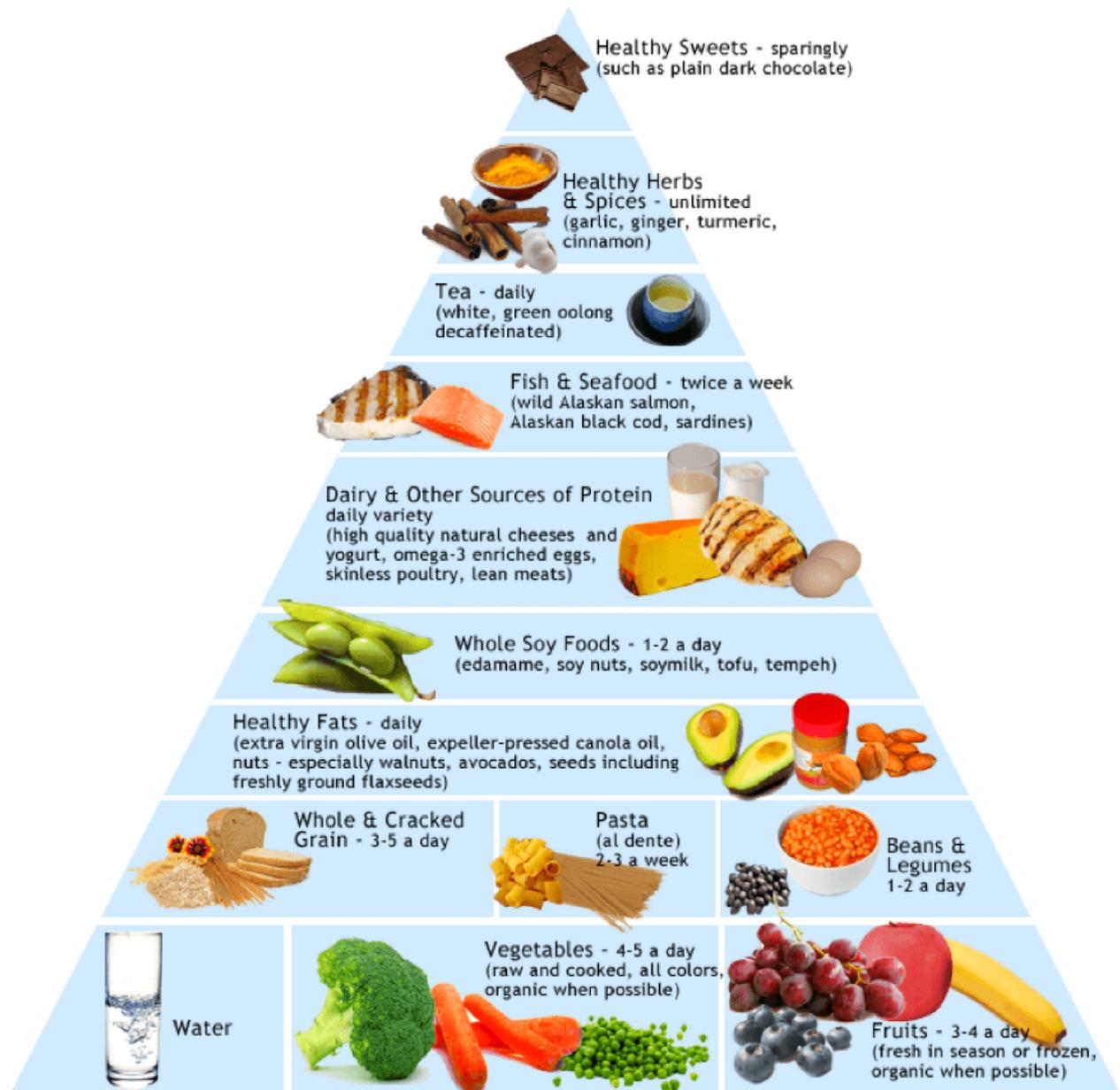
Chiropractic on Eagle

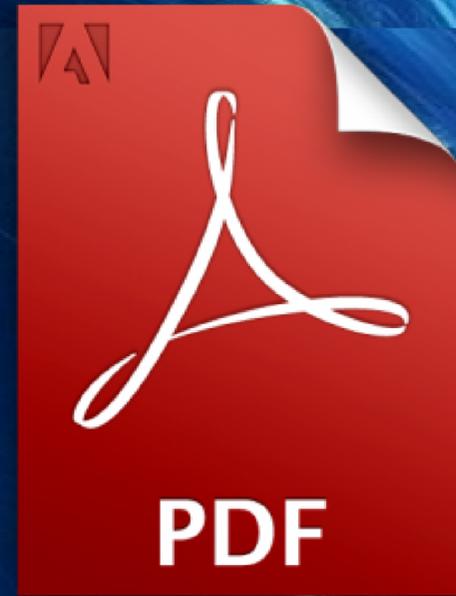
ANTI-INFLAMMATORY FOOD LIST

<p>Vegetables</p> <p>organic, best, otherwise scrub and clean!</p> <ul style="list-style-type: none"> anugula broccoli brussel sprouts cabbage carrots cauliflower celery cucumbers egg plant garlic beans (green/yellow) kale mushrooms olives onions (white/red/green) peppers (all) pumpkin radish romaine lettuce spinach squash tomatoes wheat grass zucchini <p><i>in moderation:</i></p> <ul style="list-style-type: none"> brown/wild rice beans lentils sweet potatoes quinoa <p>Fish</p> <p>wild caught best, avoid shellfish/tuna</p> <ul style="list-style-type: none"> bass cod haddock halibut herring mackerel red snapper salmon sardines sea bass trout 	<p>Dairy</p> <p>minimal consumption, raw or low temperature processed</p> <ul style="list-style-type: none"> goat milk goat cheese sheep milk sheep cheese organic cow's milk (minimal) kefir (cultured goat milk) raw dairy (cheese, etc.) <p>Meat</p> <p>wild, organic, grass-fed best</p> <ul style="list-style-type: none"> wild game (anything) grass-fed cow bison chicken duck lamb turkey eggs minimal pork consumption <p>Nuts/Seeds</p> <p>best is no roast, nothing added</p> <ul style="list-style-type: none"> almonds brazil nuts chia seeds flax seeds hazel nuts pecans pine nuts pistachios pumpkin seeds sesame seeds walnuts nut butters seed butters <p>Oils/Butters</p> <p>Unrefined, organic is best</p> <ul style="list-style-type: none"> avocado oil almond oil/butter butter (pastured best) coconut oil/butter ghee grape seed oil olive oil sesame oil palm oil walnut oil NO canola oil NO vegetable oil 	<p>Fruits</p> <p>organic, best, otherwise scrub and clean!</p> <ul style="list-style-type: none"> blueberries blackberries orranberries raspberries strawberries coconut granny smith apple <p><i>in moderation:</i></p> <ul style="list-style-type: none"> other apples banana chernes grapefruit orange all other fruits <p>Spices/Herbs</p> <p>best is fresh, organic</p> <ul style="list-style-type: none"> basil cayenne pepper cilantro dill ginger mustard powder parsley thyme <p>Condiments</p> <ul style="list-style-type: none"> apple cider vinegar balsamic vinegar olive oil 	<p>Beverages</p> <ul style="list-style-type: none"> pure water almond milk (no sugar) pure water coconut milk grass-fed whey protein herbal teas fresh vegetable juices <p><i>in moderation:</i></p> <ul style="list-style-type: none"> coffee (organic, in moderation!) wine (organic when possible!) <p>Sweeteners</p> <p>always in moderation</p> <ul style="list-style-type: none"> honey (raw) coconut sugar stevia dark chocolate <p>Supplements</p> <ul style="list-style-type: none"> grass-fed whey protein Omega 3 Fish Oil greens powder probiotics vitamin D <p><i>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.</i></p>
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Chiropractic on Eagle
Dr. Ian Staudert, D.M.D., D.C.
www.chirofirst.ca
905.953.3020

Food List



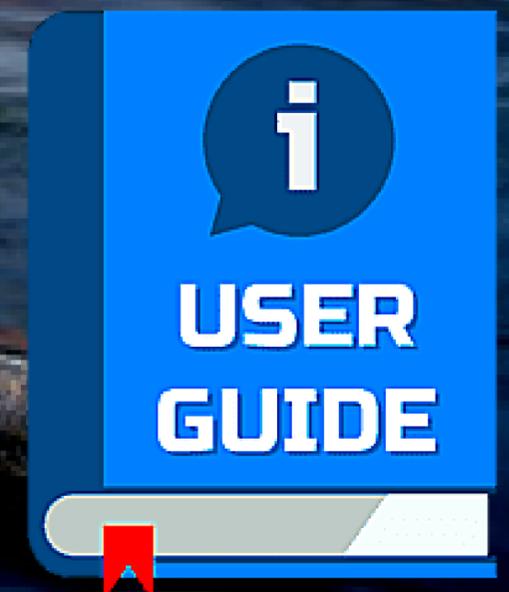


ONLINE MINI-COURSE

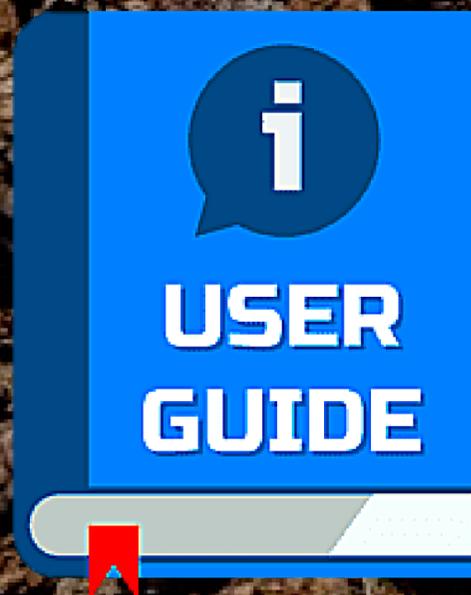
HOW CAN I MAKE STRUCTURED WATER?

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>