

IMMUNE BOOST PROTOCOL

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Yoga & Meditation
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Cold Exposure

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ALL INFORMATION IN THIS DOCUMENT IS BASED ON OUR PERSONAL EXPERIENCE AND IS NOT A MEDICAL ADVICE. BEFORE MAKING ANY LIFE CHANGES, YOU MUST SPEAK TO YOUR DOCTOR AND GET THE APPROVAL THAT THIS PROCESS IS GOING TO BE OK FOR YOU WITH YOUR PARTICULAR MEDICATIONS YOU ARE ON AND YOUR UNIQUE HEALTH CIRCUMSTANCES.

BODY

YOGA

Sun salutation
Mountain pose
Forward Bend
Bridge pose
Child's pose
Cobra pose
Cat-Cow pose
Wind Relieving
Crocodile pose
Thunderbolt pose
Bow pose
Corpse pose

BREATHING

Deep breathing
Alternate nostril
Skull shining
Bellows
Humming bee



Yoga will strengthen your body while increasing your blood circulation by compressing, twisting, extending the joints and the spine. Give your body a natural boost!

Meditation is proven to stimulate the prefrontal cortex, linked to stress reduce, improved brain and hormone activity in the body. Give your body an internal boost!

Controlled breathing to expand the abdominal muscles lead to higher oxygen content in the blood stream. A conscious effort with benefits fueling your metabolism!

90 MINUTE WORKOUT

YOGA

70%

MEDITATION

10%

BREATHING

20%

NUTRITION

DIET

Microbiome
Antibiotics
Heavy metals
Lactose
Gluten
Histamine
Lectin
Dirty dozen
Elimination diet
Amino acids
Vitamins
Minerals

FASTING

Intermittent
Alternate-Day
Water
Fasting Mimicking

METABOLISM



COLD EXPOSURE

Enhance immunity
Improve metabolism
Reduce pain
Antidepressant
Improve skin health
Bone health
Brown fat tissue
Self awareness