

Retraining Your Immune System: From Overactive to Balanced

What is Targeted Immune Support?

Most people think they need to "boost" their immune system, but if you struggle with allergies, food sensitivities, or chronic fatigue, your immune system might actually be overactive or "stuck."

Targeted support isn't about making the immune system stronger; it's about making it **smarter**. We use specific nutrients to help your body turn off unnecessary inflammation and protect your healthy cells.

Why This Matters For You

- **Fewer Sensitivities:** Helping your "mast cells" stay calm means you may react less to foods and your environment.
- **Clearer Thinking:** Reducing "stuck" inflammation can help lift the brain fog that often follows a viral illness.
- **Better Protection:** By giving your cells the right tools, your body can finish the job of healing instead of staying in a state of "forever" inflammation.

Your Immune Support Toolkit

Here are the key players we use to help your system find its balance:

1. **The "Master Switch" (Vitamin D3 + K2):** Vitamin D is like a coach for your genes—it tells your immune cells when to stay peaceful. We always take it with Vitamin K2 to make sure calcium goes to your bones, not your arteries.
2. **The "Cleanup Crew" (SPMs):** Standard fish oils help reduce heat, but **SPMs** are special fats that actually "turn off" the alarm and clean up the cellular mess left behind after an inflammatory flare.
3. **The "Shield" (Quercetin, Zinc, & Vitamin C):** This trio works together to stabilize the cells that release histamine. Quercetin acts like a key that lets Zinc into your cells where it's needed most.
4. **The "Cell Protector" (Glutathione):** When your immune cells fight germs, they create a "burst" of energy that can be messy. Glutathione is the master antioxidant that protects your own cells from being caught in the crossfire.

What You Can Do Today

1. **Check Your D:** If you haven't had your Vitamin D levels tested recently, let's get a baseline. We want you in the "optimal" range, not just the "normal" range.
2. **Eat Your Mushrooms:** Adding cooked mushrooms (like Shiitake or Reishi) to your meals provides "Beta-glucans," which act like a training camp for your immune surveillance.
3. **Watch for "Stuck" Inflammation:** Notice if you feel puffy, stiff, or foggy even when you aren't "sick." This is a sign we may need to use **SPMs** to help your body finish the inflammatory cycle.

Questions to Discuss with Your Coach

- Based on my symptoms, am I "overactive" or just "under-supported"?
 - Is my current Vitamin D supplement balanced with K2?
 - Would a "mast cell stabilizer" like Quercetin help with my food sensitivities?
 - Should we explore "SPMs" to help clear out my lingering brain fog?
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