

Understanding Your "Immune Bucket"

What is the "Immune Bucket"?

Think of your immune system like a bucket. Every day, different things go into that bucket: the food you eat, the stress from work, environmental toxins, and even how much sleep you get.

Usually, your body can handle these things easily. But when too many things go into the bucket at once, it starts to overflow. That "overflow" is what we call **chronic inflammation**. It is the reason you might feel stiff, foggy, or "puffy" even when your doctor says your labs look normal.

Why This Matters For You

- **It's Not "Just Aging":** Those feelings of stiffness and brain fog aren't just because you're getting older. It's a sign that your bucket is too full.
- **Moving to "Repair Mode":** Right now, your body is stuck in "Defense Mode"—it's busy fighting off triggers. We want to help your body switch back to "Repair Mode" so it can heal.
- **A Clear Path Forward:** Instead of just taking a pill to hide the symptoms, we are going to look at what is filling your bucket and start emptying it together.

What You Can Do Today

1. **Identify One "Bucket Filler":** Look at your daily routine. Is there one thing—like a high-stress habit, a specific food, or lack of water—that might be adding too much to your bucket?
2. **Prioritize the "Repair Team":** Your body does its best repair work while you sleep. Try to get to bed 30 minutes earlier tonight to give your immune system more time to "clean up."
3. **Hydrate to Flush:** Think of water as a way to help rinse out the bucket. Aim to drink half your body weight in ounces of filtered water daily.

Questions to Discuss with Your Practitioner

- Based on my history, what do you think are the top three things filling my "Immune Bucket" right now?

- Which "bucket filler" should we focus on removing first so I can start feeling less stiff and more clear-headed?

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