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# Holistic Immune Support

Holistic ways to support your immune system to be strong and active

WHAT'S INCLUDED



01

Prevention

02

Onset

03

Holistic support

04

Recovery

05

Elderberry Syrup

# Prevent Illness?

What are simple ways to prevent illness?

Do herbs really work?

When to increase preventative measures and when to lay off?



Prevention

# 5 PREVENTION STRATEGIES



01

EXERCISE

02

TIME IN NATURE

03

DIGESTION

04

STRESS RELIEF

05

DIET/LIFESTYLE

# #1

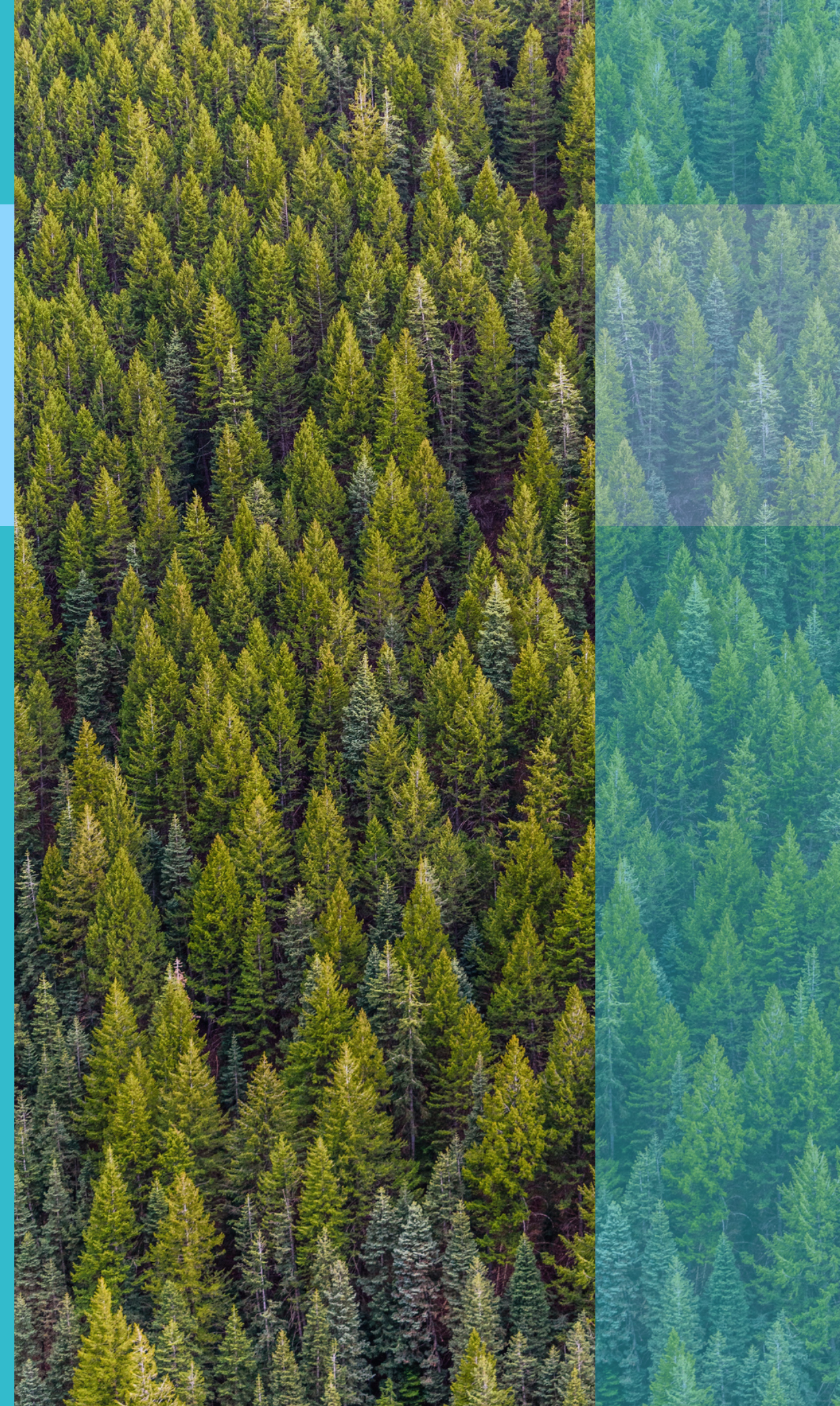
# Exercise

- Why is exercise important?
- What kind of exercise?
- How long to exercise?



# #2 Time in Nature

- Forest bath
- Fresh Air
- Sunlight



# #3 Proper Digestion

- Often overlooked - 1st step to gut healing
- Starts with how we eat - chewing, slowing down, mindfulness
- What you don't digest, you can't absorb - even if the most nutritious foods and supplements



# Stomach Acid



◆ The real cause of Acid Reflux

◆ 6 options for improving stomach acid and digestion

- Digestive Enzymes
- Lemon or AVC water
- Digestive bitters
- Ginger pickle
- Morning elixir
- Triphala



# #4 Reduce Stress

- Prioritize Sleep - Quality over quantity
- Exercise -most effective for completing the stress cycle\*
- Breathing/Meditation/Grounding
- Layers of Support/Community/Connection
- Do something you LOVE for 20 min each day





**If we want to live a Wholehearted life, we have to become intentional about cultivating sleep and play, and about letting go of exhaustion as a status symbol and productivity as self-worth.**

“

**Brene Brown**

# #5 Diet/Herbal Remedies

- Reduce processed foods, artificial ingredients, and sugar
- Add Fermented foods
- Stay Hydrated with water and herbal teas (body size dependent) - sip throughout day not all at meals (can inhibit digestion esp. cold drinks)  
Not caffeinated or carbonated beverages
- Variety of fresh whole foods - root vegetables for feeding gut flora
- Variety of herbs to support wellness -  
Immunomodulators



# Onset Support



## First sign of symptoms

- Noticing something feels off.
  - dry, scratchy, or sore throat
  - sneezing
  - runny nose
  - feeling run down
  - fatigue
- Take immediate action
  - Don't wait to see if it gets worse, act now!

# 5 ONSET STRATEGIES

01

Rest

02

Herbal Remedies

03

Hydration

04

Dietary Changes

05

Hydrotherapy



# #1

## Rest

- Slow down
- Prioritize sleep and breaks
- Reduce anything strenuous



# #2

## Herbal Remedies

- Start or increase vitamins (Consider A, C, D, Zinc depending on needs)
- Elderberry syrup and/or Fire cider- 1 teaspoon per hour (at onset)
- Echinacea/ Immumnostimulants
- Herbal teas, (chose herbs depending on symptoms) Hot Toddy



# #3 Hydration

- increase fluids to flush out gunk, keep your throat moist, and keep sinuses flowing.
- Lemon water with pinch of sea salt for electrolytes
- Herbal teas (choose herbs depending on symptoms)
- Broth, smoothies, fresh juice





# #4 Dietary Changes

- Eliminate sugar and cold foods
- Eliminate dairy if profuse mucous is present (dairy increases mucous)
- Consume easily digestible, nutrient dense foods such as soups, cooked veggies, smoothies or fresh juices
- if you don't feel like eating, don't! just stay hydrated.



# #5 Hydrotherapy

- Wet sock treatment
- Warm bath with herbs/bath salts





# Lingering symptoms

Depending on severity, call your doctor!

Keep up what you have been doing, but drop the echinacea or immunostimulants

Re-evaluate herbs based on symptoms, severity, and energetics.

Continued support



# Feeling better? It's not over yet!

Recovery time is crucial!

Returning to normal too quickly can cause a relapse

This is just as important as prevention and onset to keep your immune system functioning well.

Recovery

# Elderberry Syrup

- What is it?
- What does it do?
- How can I make it?





# Ingredients

herbs, water, honey

- Berries, Barks, Roots:  
Elderberries, Rose hips, Clove, Cinnamon, Ginger root, Licorice root, Black pepper
- Leaves:  
Rosemary, Thyme



# #1 Gather & Soak

- Gather all ingredients & supplies
- Soak all berries, seeds, roots according to recipe amounts for 30-60 minutes

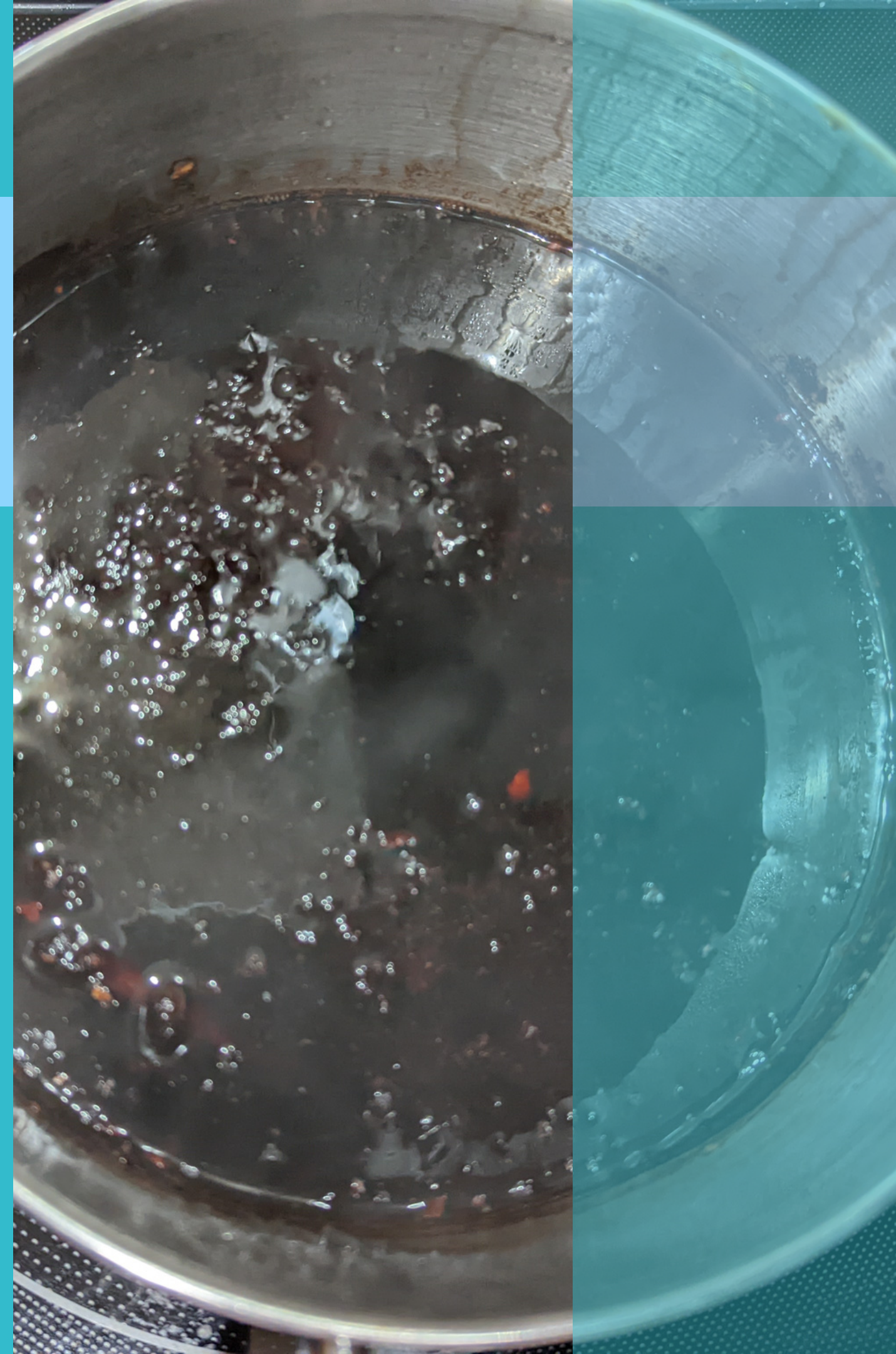




# #2

## Simmer & Reduce

- Bring the soaked ingredients to a boil and simmer until reduced by half (decoction)
- Remove from heat

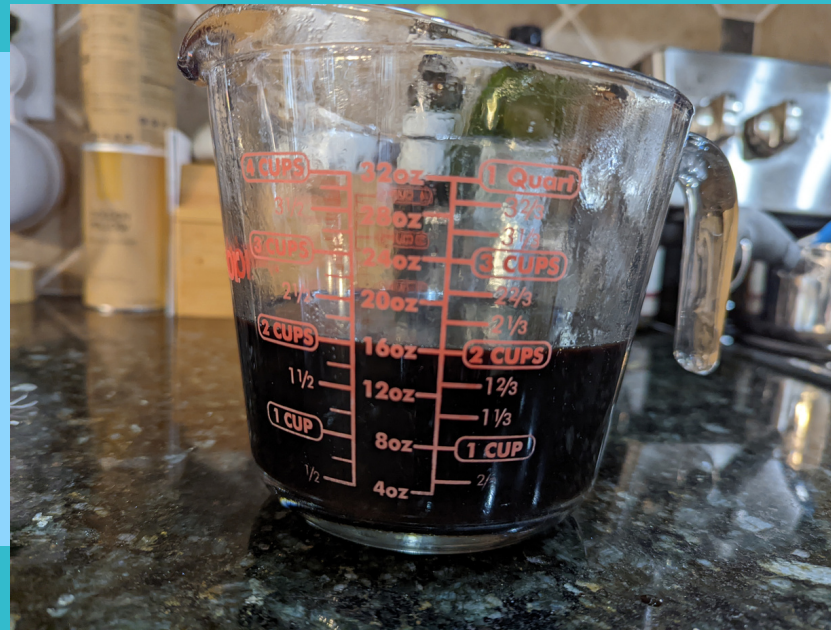


# #3 Infuse

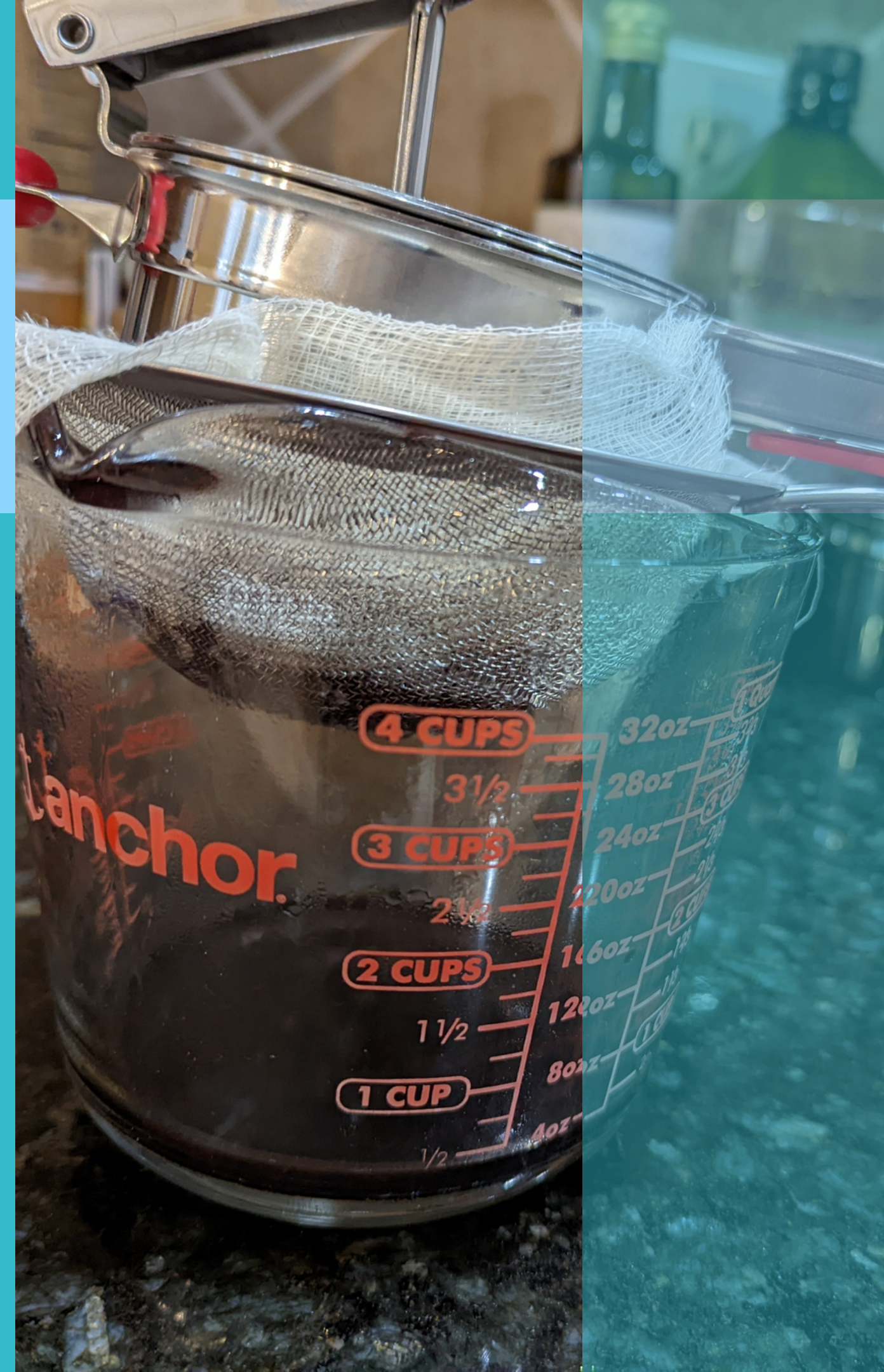
- Infuse the decoction with any leaves or flowers for 20 minutes with lid on.



# #4 Strain



- Strain the liquid into a large bowl or measuring cup using a fine mesh sieve, cheese cloth, or potato ricer
- If decoction reduced too much, add some boiled water to bring it up to the right amount



# #5

## Mix



- Mix in the sweetener of choice (I prefer honey for health benefits) according to amount on recipe.
- Mixes better when liquid is still warm
- Store in a clean jar or bottle in the fridge for 3-6 months. Label with date!



THANK  
YOU!

