

February 24, 2021

Learn Over Lunch Summary “5 Pillars Of Immune Health”

With Melissa Ieraci, RHN

1. COMMUNITY

Staying connected while required to social distance

HEAR - Audible reading app, podcasts, Spotify music, 5 minute meditation

SMELL - Diffuse essential oils

SEE - Walks in nature, grounding, sunlight

TOUCH - Foam roll, yoga, mindful movement, dance

TASTE - Make a restaurant inspired meal at home, use a meal delivery service and try new ingredients or for recipe inspiration

2. SLEEP

Environment (cool, dark, remove electronics)

Block The Blue (F.lux for computer, red light on phone, blue blocking glasses)

Stay Cool (hydrotherapy, cool shower)

3. STRESS RESILIENCE

Identify the root cause

- Hormone Imbalance
- Blood Sugar
- Stress
- Poor Detoxification
- Environment

4. NUTRITION

Sample meal plan

BREAKFAST	LUNCH OR DINNER
<ul style="list-style-type: none">● Free Range Eggs (VITAMIN D, CHOLINE, HEALTHY FATS + QUALITY PROTEIN)● Avocado (FIBRE, QUALITY FATS, SUPPORTS GLUTATHIONE PRODUCTION)● Spinach (VITAMIN C)● Organic Black Coffee (antioxidants)● Mixed Berries (VITAMIN C, ANTIOXIDANTS)	<ul style="list-style-type: none">● Grassfed Beef (ZINC, HEALTHY FATS, QUALITY PROTEIN)● 1 cup bone broth (AMINO ACIDS, MINERALS)● Mixed Green Salad Topped With Raw Pumpkin Seeds (VITAMINS, MINERALS, ZINC)

5. QUALITY SUPPLEMENTATION

- Omega 3 Fatty Acids
- Vitamin D
- Protein/Amino Acids
- Vitamin C
- Zinc

Resources:

Melissa Ieraci - melissa.ieraci.shifthappens@gmail.com

Recorded Meeting

<https://www.matthewbonasyoga.com/level-knowledge>

Why We Sleep by Matthew Walker

https://www.audible.ca/pd/Why-We-Sleep-Audiobook/B075ZZ4PX4?ref=a_library_t_c5_libItem_&pf_rd_p=a00014e8-d2ee-472f-a5f3-837e4e395ee4&pf_rd_r=0MZTZ4T5N8RXCDDCB5NB

Level by Oxford Properties Events Schedule

<https://www.matthewbonasyoga.com/level-events>

Level by Oxford Properties Virtual Class Schedule Download (pdf)

https://8c8b6427-6b8b-4bf4-90c2-88322345b436.filesusr.com/ugd/1c48c5_0502d21a8513450885355ed158ca4f8f.pdf