

# DIVING DEEPER WITH DR. DEAN

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## Immune Support

The last few years a lot of us have been walking around in fear. This big unknown and being unsure of what to do about it.

A person's health is one of those big, legitimate concerns.

Let me remind you that fear is not a healthy state to be in. Fear takes a lot of effort and when the body is locked into this fight or flight or freeze mode it directly impacts our health in a negative way.

I'm not saying you should never be afraid.

There can be a time and a place for such concerns. It is a normal reaction to stress. The problem wherein lies when one doesn't move on or when a person dwells and lives in the fearful constant state of being.

When the body is fearful, it hinders the immune system, making you more vulnerable to disease and illnesses.

Let's be honest. No one is going to move through life perfectly, avoiding all conflicts and crisis'. But we can find different coping mechanisms to help us through the tougher emotions we have to face.

When you're ready, I'm here for you as a Naturopathic ear to listen! Otherwise you can check out some stress reducing tips on the next page.

## Need a Sweet Treat?

- 1 cup Organic Peanut Butter (or other nut butter)
- 1/4 cup Butter
- 1/4 cup Pure Maple Syrup
- 6 Tbsp Almond Flour
- 2 Tbsp Coconut Flour
- 2 Dark Chocolate Bars (3oz each)
- 1 Tbsp Butterscotch Chips (optional)

Melt Peanut butter, butter and syrup together until blended. Stir in flours. Place in a greased 8x8 pan. Melt chocolate & chips together and spread on top. Keep in fridge. Enjoy!



## Stress Reducing Tips

1. Deep Breaths - breathing deeply can stimulate the vagus nerve in the body which can be calming
2. Find an outlet - This could be journaling your feelings, writing a letter, going to a 'break room', getting a therapist etc. But allow yourself a space to vent out and work through your emotions opposed to bottling them up for a rainy day
3. Work on supporting your nervous system. This could include eating more good healthy fats to cool and calm the brain so it isn't so easily frazzled. You could also look at nervine herbal tinctures such as passion flower, chamomile, skullcap, valerian root.
1. Meditation - similar to working with breathwork. This allows you to rest and find that tranquility.
2. CranioSacral therapy - this works to assist full communication between the nerves and the rest of the body. You could also consider a therapeutic massage to help relax and release tension.
3. My favorite go-to for emergent situations is 5 flower rescue remedy. This can be found in a dropper, spray, pastilles (mix between a cough drop and a gummy consistency - great for giving to kids!)
4. Immune Support - General things to have on hand for immune support would be elderberry, Vitamin C, Zinc, D3K2, Thieves essential oil, Probiotics, Magnesium. Ideally we would just stay mineralized!



Own it!

You have not been given a spirit of fear, but of power and of love and of a sound mind.

Be on the lookout for a cold/flu season Survival Class coming soon!