



Resource Guide to Boosting Immunity

Rebounder: [Rebounder](#)

Dry Brush: [Dry Brush](#)

Foam Roller: [Foam Roller](#)

Supplements

Broad-Spectrum Probiotics: Ther-Biotic® Complete by Klaire Labs

Vitamin C: Ultra Potent-C® 1000 by Metagenics, Buffered Vitamin C by Integrative Therapeutics, or Vitamin C by Thorne

Curcumin: Theracurmin HP by Integrative Therapeutics, or Turmeric Formula by Organic India

Zinc: Zinc Tally by Metagenics, or Zinc Picolinate by Allergy Research Group

Glutathione: Liposomal Glutathione by Designs for Health

Vitamin D: Pure Encapsulations (check with doctor on appropriate amount)

Sambucus Elderberry Zinc Lozenges by Nature's Way

You can purchase your supplements from many different companies. I participate with Wellevate, an online dispensary that I trust. They carry more than 325 brands of quality-tested products that are handled and shipped in climate-controlled environments, with everything from quality nutritional supplements to non-toxic body care and home goods. All of the prices are discounted and they offer free shipping on orders over \$49.

You can peruse their store at my recommendation at <https://wellevate.me/lori-fish-bard>. Their prices are much lower than retail (even including shipping) and their customer service is great. You just create a free account to get started.

Lori's Apple Cider Vinegar Detox Drink

Ingredients:

8-10 oz of water

2 tablespoons apple cider vinegar

1-2 tablespoons lemon juice

1-2 teaspoon cinnamon

Directions:

Mix all ingredients and stir and shake. Refrigerate. Drink 1-3 times per day, 15 minutes before a meal or when you have a sugar craving.

Lori Fish Bard
Healthy Heartbeet Nutrition Counseling
Website: www.healthyheartbeet.com
email: lori@healthyheartbeet.com