

- ❑ Seek the good: Challenges and barriers are opportunities to innovate and grow
- ❑ Change what you can, find peace with what you cannot, and learn to recognize the difference
- ❑ Be courageous enough to ask for, to offer, and to accept help
- ❑ Maintain an adaptable mindset: How will you change to do what is needed?
- ❑ Seek to understand the perspective of others (Tactical Empathy): Perspective = their truth + reality

- ❑ Take breaks from technology
- ❑ Get outdoors and get dirty (start a garden/ play in yard)
- ❑ 15-20 min sun on exposed skin between 1100 – 1500 hr daily
- ❑ Be mindfully present in nature (hiking/forest bathing)
- ❑ Exercise outdoors whenever possible

DEFINITION of PPL:
Activities of daily living that enhance immune and metabolic resiliency to reverse disease and optimize performance.

- ❑ 7-9 hours of restorative sleep nightly
- ❑ Be consistent with sleep/wake times (including weekends)
- ❑ Sleep trackers/apps for quantity & quality
- ❑ Ask family/friends for support & accountability
- ❑ Seek professional help if poor sleep persists



- ❑ Build community by sharing experiences, stories, and gifts
- ❑ Foster trusting relationships with family/friends to allow for vulnerability
- ❑ Pursue mentorship and accountability partners who challenge you to grow
- ❑ Share meals, walks, and workouts with others as opportunities to check-in
- ❑ Maintain connection to spirituality and higher purpose/meaning

- ❑ Practice self-regulation and emotional intelligence (STOP = Stop, take a breath, observe, proceed)
- ❑ Know your stress burden: Heart rate variability (HRV) can indirectly measure total stress burden
- ❑ Reflect and express gratitude: Journaling, meditating, and praying
- ❑ Volunteer, serve, and perform simple acts of kindness
- ❑ Prioritize and plan for activities that bring you joy
- ❑ Build relationships and communicate openly to create a climate of trust, cooperation, feedback, and mentorship

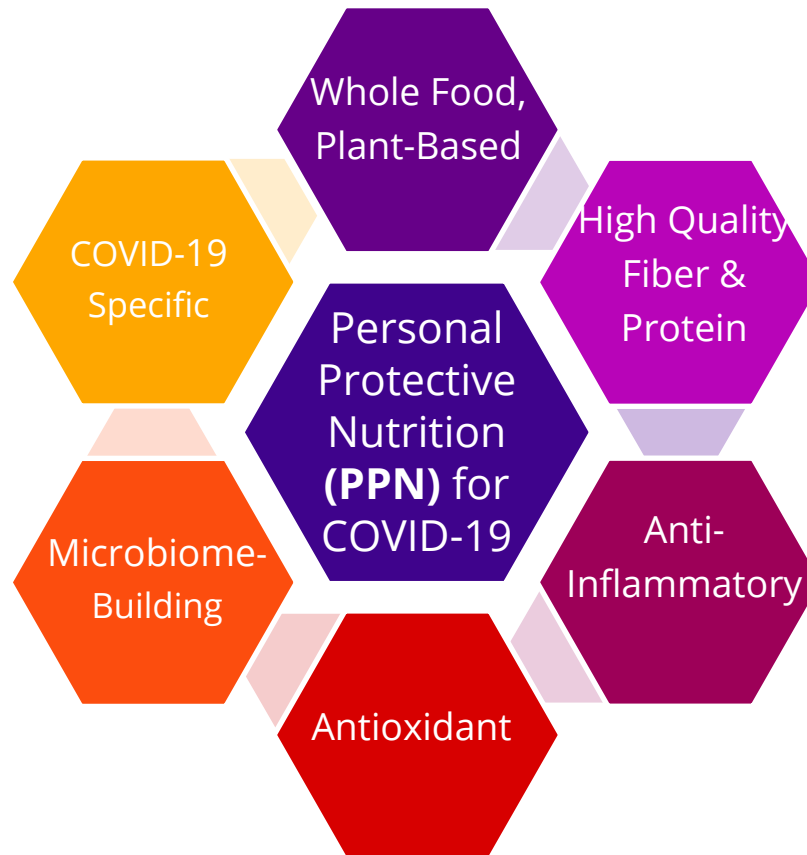
- ❑ Do 30 min of at least moderate intensity activity (can't sing during activity) 5-7 days weekly
- ❑ Include strength training at least 2 days weekly
- ❑ Cardiovascular (CV) Exercise boosts immune function and antioxidant activity while providing brain health and hormone balancing benefits
- ❑ Avoid overtraining: Track daily resting heart rate (RHR) and heart rate variability (HRV) as biomarker to help decide what to do today

- Vitamin D3: 2,000-4,000 IU daily
- Vitamin C: 500-1000 mg daily
- Multivitamin: Containing Zinc (15 – 30 mg) and Magnesium (200-400mg); consider foods and separate supplements if needed (USP or NSF seals of approval)
- EGCG (green tea or matcha; 200-250 mg or 2-4 cups tea daily) OR Quercetin (from foods like onions and apples daily)
- Melatonin, N-acetyl cysteine, Omega-3, and Curcumin on case-by-case basis

- “Eat real food, mostly plants, not too much” – M.Pollan
- Every meal: 50% vegetables/fruits (5-10 servings daily), 25% whole grains, 25% other quality protein source
- Herbs/Spices (e.g., turmeric, cinnamon, cumin, ginger)
- Add more nutrient-dense and low glycemic index foods
- Hydrate! [weight (lbs) ÷ 2 = daily intake of water (oz)]

- Eat FIBER (30 - 40 g daily) from natural sources including vegetables, beans, and fruits
- Plants have PROTEIN!
Add more plant sources of protein
- Reduce toxins, chemicals, and hormones from food sources: Know the dirty dozen and clean fifteen to select produce – Buy grass fed, free range, wild caught when possible
- Minimize processed/red meat consumption
- Have at least 1 bowel movement daily. May need more fiber, fluid, or movement to achieve

- Build a robust and diverse microbiome to educate and optimize immune function
- Increase PREbiotic foods (vegetable/fruit fiber feeds healthy bacteria)
- Increase PRObiotic foods (e.g., kimchi, sauerkraut, kombucha, kefir)
- Supplemental probiotics: Case-by-case basis - may need following GI illness or antibiotics
- Ask your doctor/pharmacist if probiotics are right for you



- Avoid high glycemic foods that spike insulin and cause inflammation (Glycemic Index)
- Minimize fried foods, “browned” meats, saturated/trans-fats
- Minimize sweets & avoid added sugar (read labels - sugar has many names!)
- Avoid sodas & sweet beverages (zero-calorie sweeteners can spike insulin – stevia is better)
- Use more herbs & spices and healthy fats (plant-derived Omega-3s, MUFA, PUFA)

DEFINITION of PPN:
Food and nutrients that enhance immune and metabolic resiliency to reverse disease and optimize performance.

- Eat the rainbow of colors daily (FOOD FIRST!)
- Veg & fruits: Rich/variety colors = higher antioxidant activity
- Consider supplements to boost food sources: Vitamin C, resveratrol, curcumin (USP or NSF seals of approval on bottle)