

Immune System / Lymphatic System

List three foods or herbs that you can include in your daily routine to support your immune system. How might each one help your body?

Try one movement practice that stimulates lymph flow (e.g., rebounding, yoga twist, or stretching). Write down how your body felt before, during, and after.

Try dry brushing on a specific area of your body. How did it feel physically? How did it make you feel mentally or emotionally?

Reflect on your sleep, hydration, and stress levels over the past week. How might these have affected your immune system?

Pick one holistic practice we discussed (food, herb, movement, dry brushing, sleep, or stress management).

Make a plan to include it daily for one week.

Reflect at the end of the week on any changes you notice in energy, mood, or health.

Reflect: How does understanding your immune and lymphatic system change the way you think about your body as a whole?
