

# 8 Powerful Strategies to Unlock MS & the Immune System



## **Eat the rainbow everyday**

Get 4 colors on your plate, starting with breakfast.



## **Reduce sugar**

Retrain your taste buds to appreciate the taste of natural foods.



## **Optimize your vitamin D level**

Know your optimal range, and take your vitamin D with food.



## **Practice daily mindfulness**

Connect the mind and body, and move with intention.



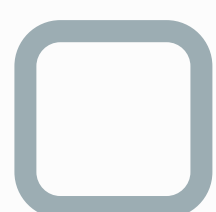
## **Get moving**

Schedule daily movement, and avoid sitting as much as possible.



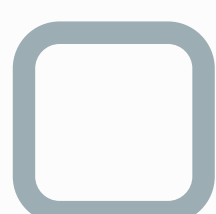
## **Prioritize restorative sleep**

Create the conditions to unleash the healing power of darkness.



## **Reduce screen time**

Use electronics for work, not for recreation. Get out into nature.



## **Live in joy and positivity**

Intentionally choose positive thoughts, feeling, and people.