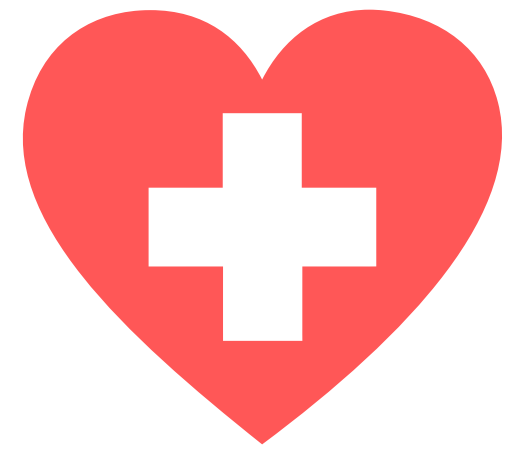


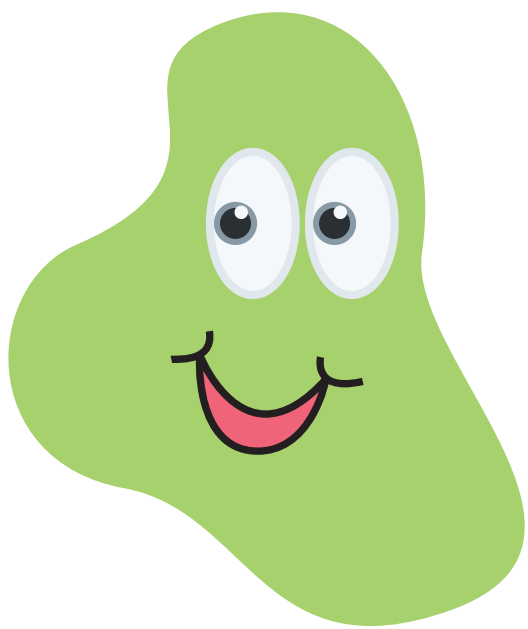
NATURAL HEALTH

My Immune System



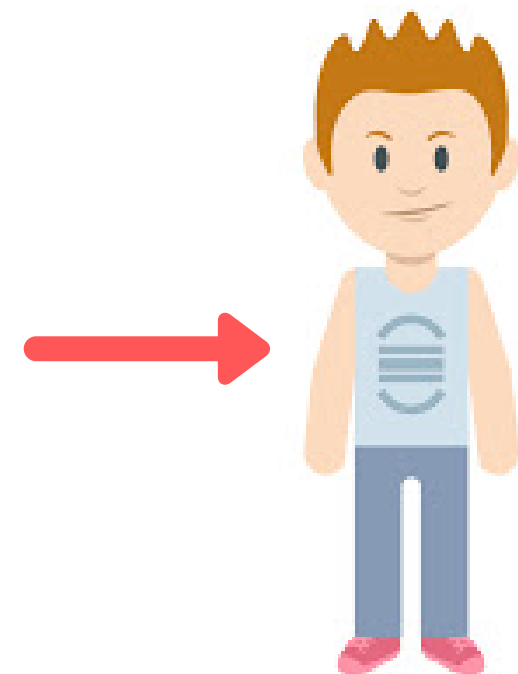
An important part of natural health is our immune system. The immune system is our body's way of protecting us from bugs and bacteria that can make us sick.

There are 3 lines of defense in our immune system:



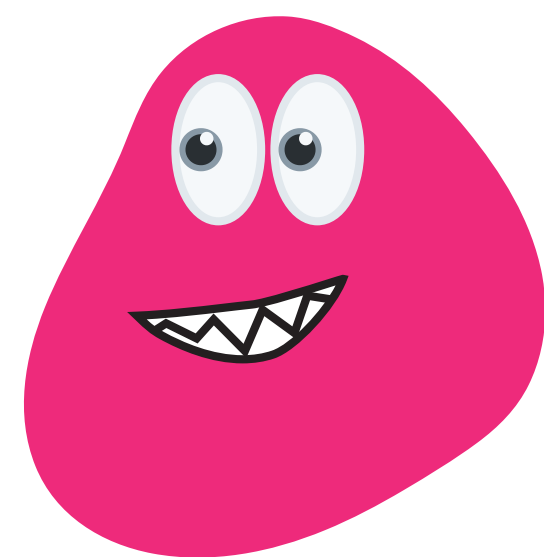
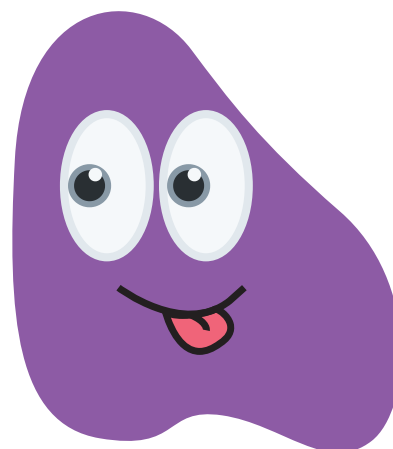
1. Physical barrier

- skin
- snot
- tears
- stomach acid



2. Non specific

- macrophages
- dendritic cells
- fever
- inflammation



Cells in Our Body

We have many cells in our body that kill off harmful bugs. The **non-specific cells** get to work straight away if a harmful bug gets into our body. If they need help they will call for back up from the **specific cells**.

The **specific cells** have extra time to learn exactly what the bad bugs are so they can design special grabbers to be able to kill that specific bug. Our cells keep some of these new grabbers in our system, so next time they can kill off that bug so quickly, we probably wouldn't even know it was in our body.

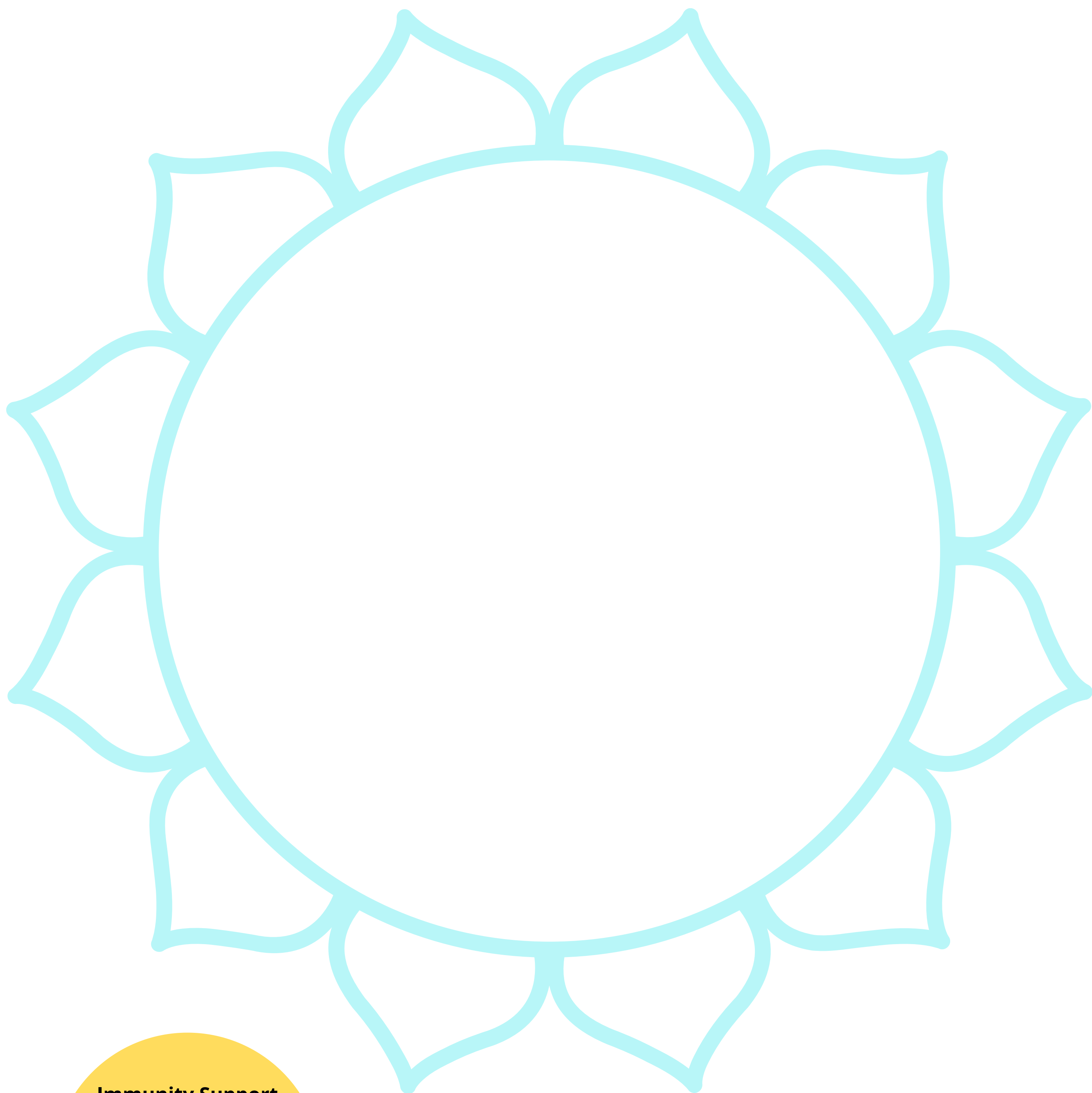
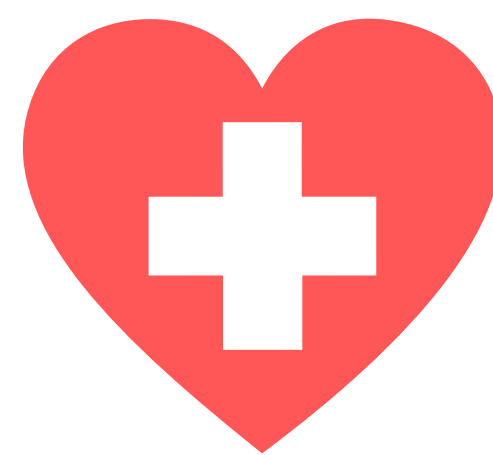
3. Specific

- Lymphocytes
- B Cells Produce Antibodies
- T Cells Attack Infected Cells



NATURAL HEALTH

Supporting My Natural Immunity

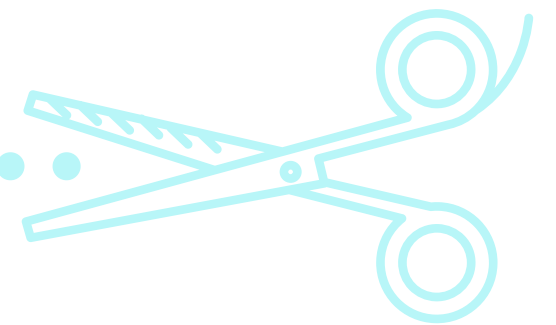


Immunity Support

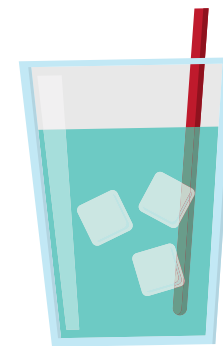
Add Pictures & Words to show ways you can support your natural immunity. Cut & Stick... or you can create your own ideas

NATURAL HEALTH

Supporting My Natural Immunity



Fruit & Vegetables



Drinking Water



Meditation & Yoga



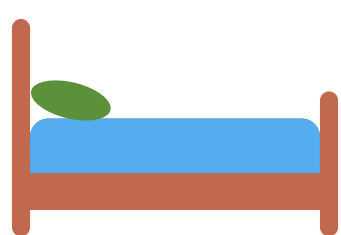
Time in Nature



Feelings of Gratitude



Laughing, Smiling
& Feeling Happy



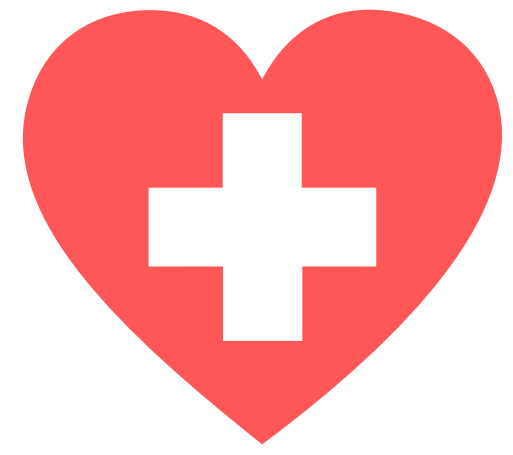
Getting an early night with
a restful nights sleep



Or research your own
idea to add...

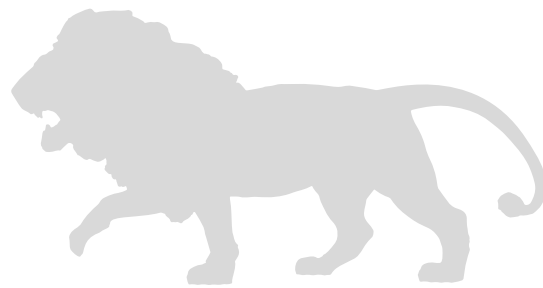
NATURAL HEALTH

Fight or Flight Mode



An important part of natural immunity is understanding how our bodies work all of the time, not just when we get sick.

Human bodies are designed to survive threats from predators from a time when we used to live in nature freely alongside large animals and warring tribes.



If we feel under threat our body changes how it's working to give us the best chance of running away or fighting off danger.

We sense danger and feel under threat. That feeling in our body sends a message to our body to stop growing, eating and healing. Our body uses that spare energy to send to important areas for survival such as the muscles in our arms and legs, so that we can escape the danger.

Increased
Breathing

Tense
Muscles

Digestion
Shuts down

Immune System
Shuts down

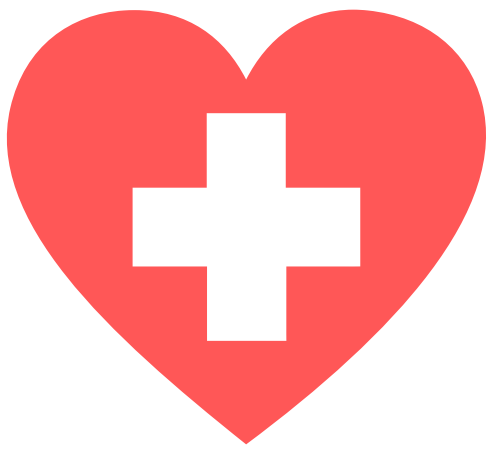
Pupils
Dilate

Increased
Heartbeat



NATURAL HEALTH

Fight or Flight Mode



What happens to our muscles?

.....

.....

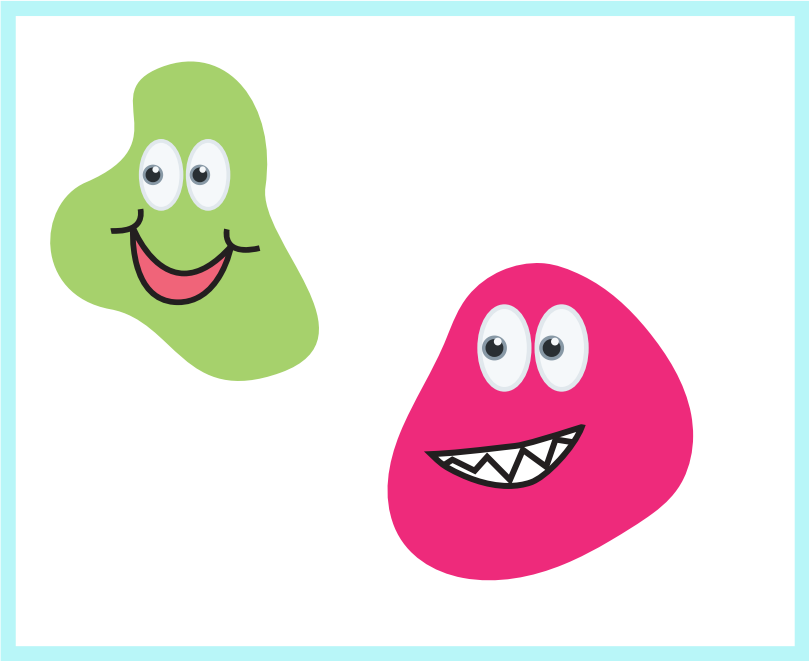
.....

What happens to our heartbeat?

.....

.....

.....



What happens to your immune system?

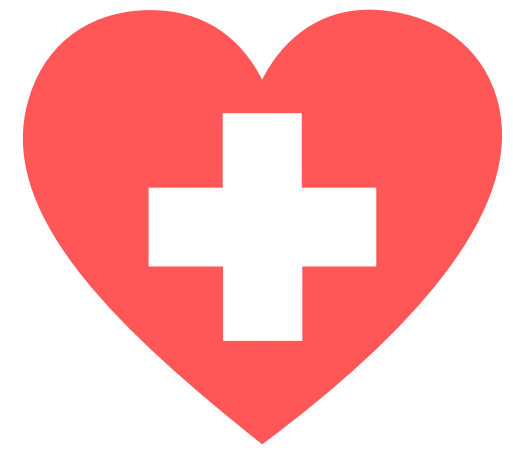
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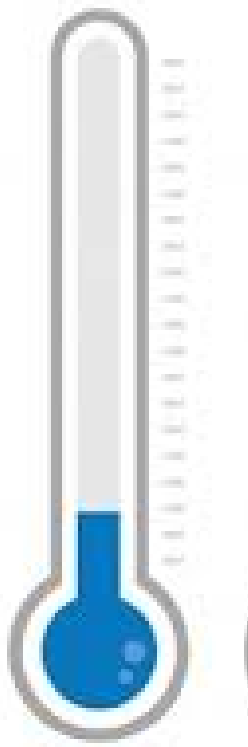
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NATURAL HEALTH

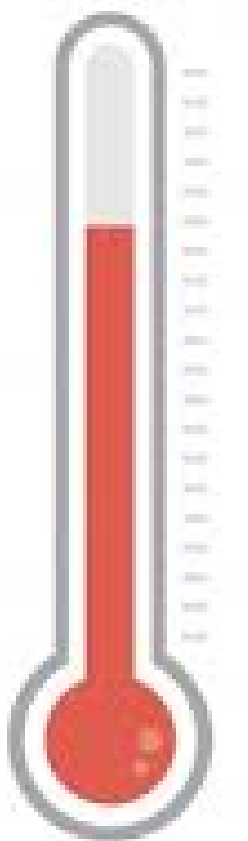
My Stress-o-Meter



When do I feel calm?

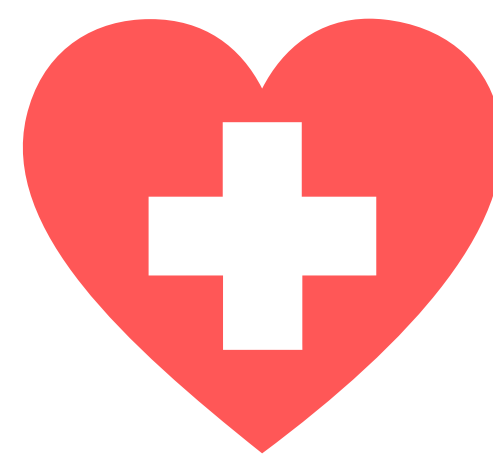


When do I feel stressed?



NATURAL HEALTH

Stress & My Body



Lack of
Movement

Noisy
Environments

Chemicals in
personal care
products

Emotional Stress

Chemicals in
cleaning products

Chemicals &
pesticides in food

What Can
Put Your
Body
Under
Stress?

Feeling
Lonely

Lack of Sleep

Bright lights &
Digital screens

Chemicals in
cleaning products

Physical injury
or trauma

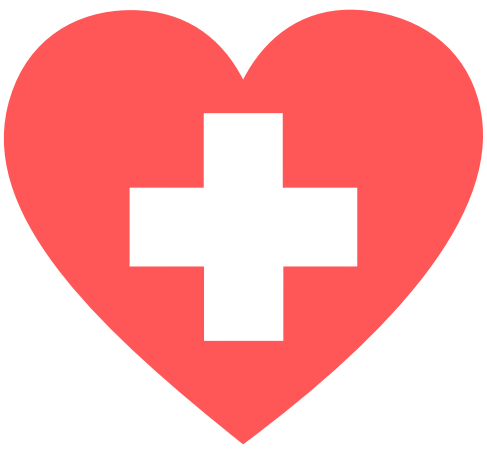
Lack of Control
in Life Choices

Bacteria or
A Virus

Lack of heart
coherence

NATURAL HEALTH

My Immunity Boosting Plan



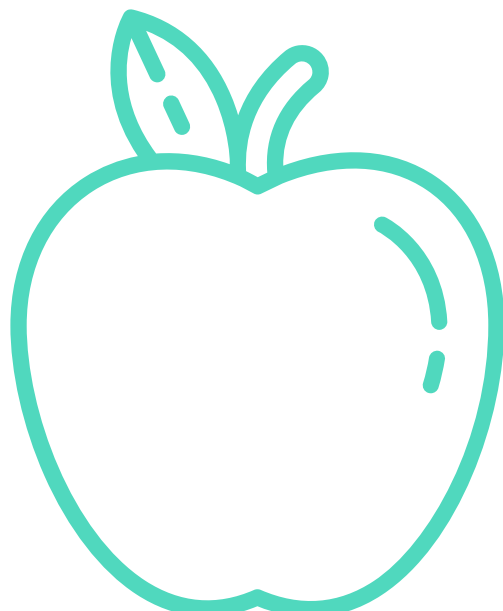
1

I Can Boost My Body's Natural Immunity Today By...

2

Immunity Boost

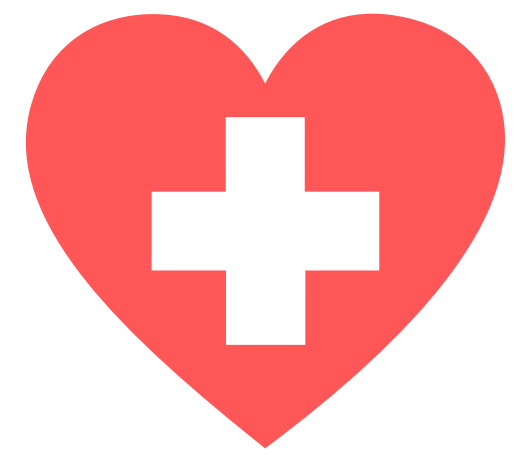
Draw or Write your ideas about a few things you can easily do today to take care of yourself and support your immune system



3

NATURAL HEALTH

Immunity Boosting Smoothie



Vitamin C

oranges, grapefruits,
tangerines,
strawberries, bell
peppers, spinach, kale
and broccoli.

Vitamin B6

chicken and cold water
fish such as salmon and
tuna. Green vegetables
chickpeas & hummus.

Vitamin E

Nuts, seeds, peanut
butter, vegetable oils,
broccoli & spinach.

My Smoothie Recipe:

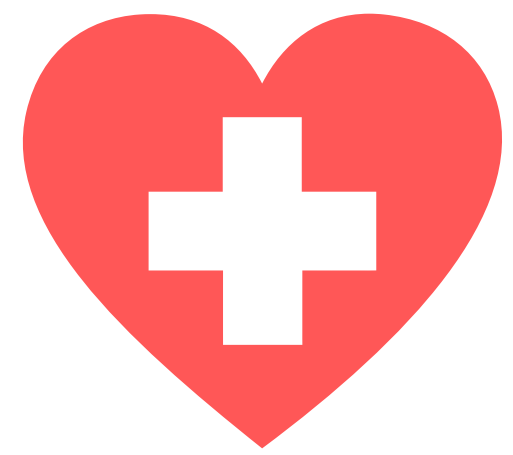


Taste Test



NATURAL HEALTH

Design A Poster



Research ideas of things people can do to prevent infection from unhealthy bugs (for example - hand washing).

Design your own poster to share your ideas.

A large, empty rectangular box with a light blue border, intended for the student to design their poster.