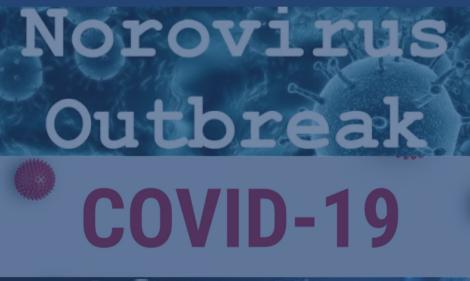
THE
ULTIMATE
IMMUNITY
CHECKLIST



Influenza Virus

Dr. Kivette Parkes

Using this immunity checklist is pretty simple. Just put a check mark next to everything that is true for you.

 You get frequent colds or stomach bugs (3-4 times/yr)
 You took antibiotics in the past 2 years
 You have diabetes, heart disease or high blood pressure
 You have had a flu shot in the past 5 years
 You are experiencing anxiety or high stress levels
 You have asthma, COPD, eczema, psoriasis or acne
 You take at least one prescription medication
 You smoke or drink alcohol regularly
 You don't get enough restful sleep
 You experience gas, bloating, constipation or diarrhea
 You get regular headaches/migraines
 You have had surgery in the past 5 years
 You have had cancer, radiation or chemo
 You eat a lot of fast food sodas, candy or deserts
 Your energy is low

The health of the immune system is the reason why two people can get exposed to the same virus/bacteria and one gets really sick and the other one doesn't. Check your score below. The lower you score, the more likely you immune system is stronger. Repeat the process for any children or family members in the household.

WHAT YOUR SCORE MEANS

0 - 2

3 - 5

6 - 9

10+

Likely to have a strong immune system!

Likely to have lower immunity. Likely to have function.

Likely to be poor immune immunocompromised.

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