

**THE
ULTIMATE
IMMUNITY
CHECKLIST**

Norovirus
Outbreak

COVID-19

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

Likely to have a strong immune system!

3 - 5

Likely to have lower immunity.

6 - 9

Likely to have poor immune function.

10+

Likely to be immunocompromised.



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