



Immunity Boosting Tips



Dortha L. Hise

Here are 5 of my immune building tips:

1. Prayer + meditation first thing in the morning - I start with an "I AM" affirmation and then tap in and connect with God to set a powerful intention for the day.
2. Essential oils throughout the day - some of my favorites include lavender, lemon, orange, and eucalyptus.
3. Epsom salt bath with essential oils (lemon, cypress, juniper are one of my favorite blends to help with soreness). If you don't have access to a bath, add a few drops of your favorite essential oils in the shower and allow the steam to carry the fragrance throughout the bathroom.
4. Journal - I take a few minutes to write every day. Even if it's only 5 minutes. Jot down how I'm feeling, things I'm grateful for,
5. Connect with others/ ask for support. As humans we are social creatures... we need to connect with others. Whether in person or virtually, reach out and connect with someone you trust who is open and willing to hold space for you.

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Bonus tips...

6. Bonus tip - herbal teas, herbal concoctions I make, etc. I have read up on and studied herbs for the past few years and I love the immunity-boosting properties that things like elderberry, fresh garlic, oregano, astragalus, Echinacea, chamomile, yarrow... to name a few.

7. Bonus tip - listen to certain frequencies of music that is supportive of different chakras. For example, 192 Hz for the throat chakra or 128 Hz for the heart chakra.

8. Bonus tip - be creative! Creative projects allow us to use different parts of our brain - which is fun! I like coloring pages, learning a new skill, dancing, etc.

I hope these tips are helpful for you. I would love to hear how they work for you. :-)



Hey there – I'm Dortha Hise and I'm the Chief Overwhelm Eliminator and Joy Giver at Pretty Smart Virtual Services. I'm sassy, fun and smart-assy! My team of kick-ass virtual assistants specialize in strategy, planning and implementation of tasks to support entrepreneurs and business owners to increase their leverage, efficiency and productivity in their business.

I also support women who are getting past the fear of starting a fitness routine, which was born out of my own journey to release 50 pounds and implement a healthy lifestyle since 2013. I started an encouragement circle on Facebook and we encourage each other, cheer each other on and lift each other up. You can join us here: <https://www.facebook.com/groups/getpastfearoffitness/>

For a 2-year period that started in 2012, I experienced a tremendous amount of grief and loss that really challenged me to dig deep into my faith and strengthen my self-care and self-love practices... the results of which you are reading in this guide. I hope you enjoy!

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