

Lifestyle Strategies

For Staying Healthy Over the Holidays

Cynthia Libert, M.D., ABFM, ABIHM, IFMCP



Disclaimer

The material contained in this presentation is for informational purposes only and is not intended to substitute for the advice provided by your doctor or other health care professional. You should not use this information for diagnosing or treating a health problem or disease, or prescribing any medication. As each individual situation is unique, you should use proper discretion, in consultation with your health care practitioner, before undertaking any protocols, diet, exercises, supplements, or lifestyle modifications, described here. The author expressly disclaims responsibility for any adverse effects that may result from the use or application of the information contained herein.



Cynthia Libert, M.D.

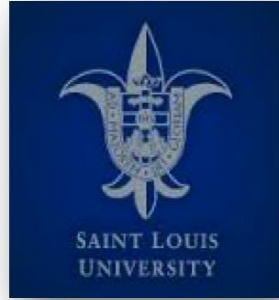
Caring for the Body, PLLC
1998 Hendersonville Rd
Suite 24
Asheville, NC 28803

(828)490-1545

caringforthebody.org

help@caringforthebody.org





**LOYOLA
MEDICINE**

*Loyola University Chicago
Stritch School of Medicine*



**American Board
of Family Medicine**



THE INSTITUTE FOR
**FUNCTIONAL
MEDICINE®**

What we'll cover...

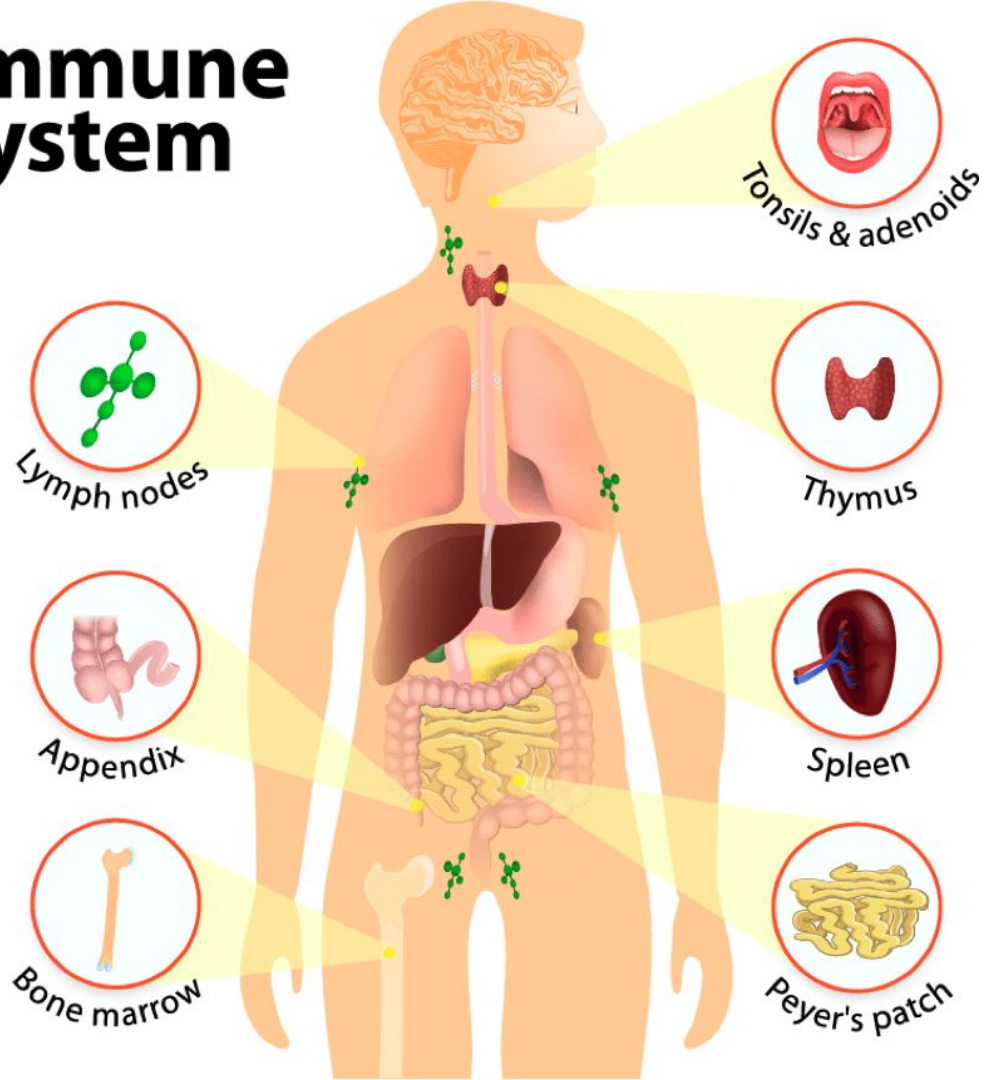
- ✔ What is immunity and how does it work?
- ✔ Pathophysiology of COVID-19
- ✔ The Gut-Brain Connection
- ✔ What does it look like when our immune system is out of balance?
- ✔ Basic Prevention Strategies

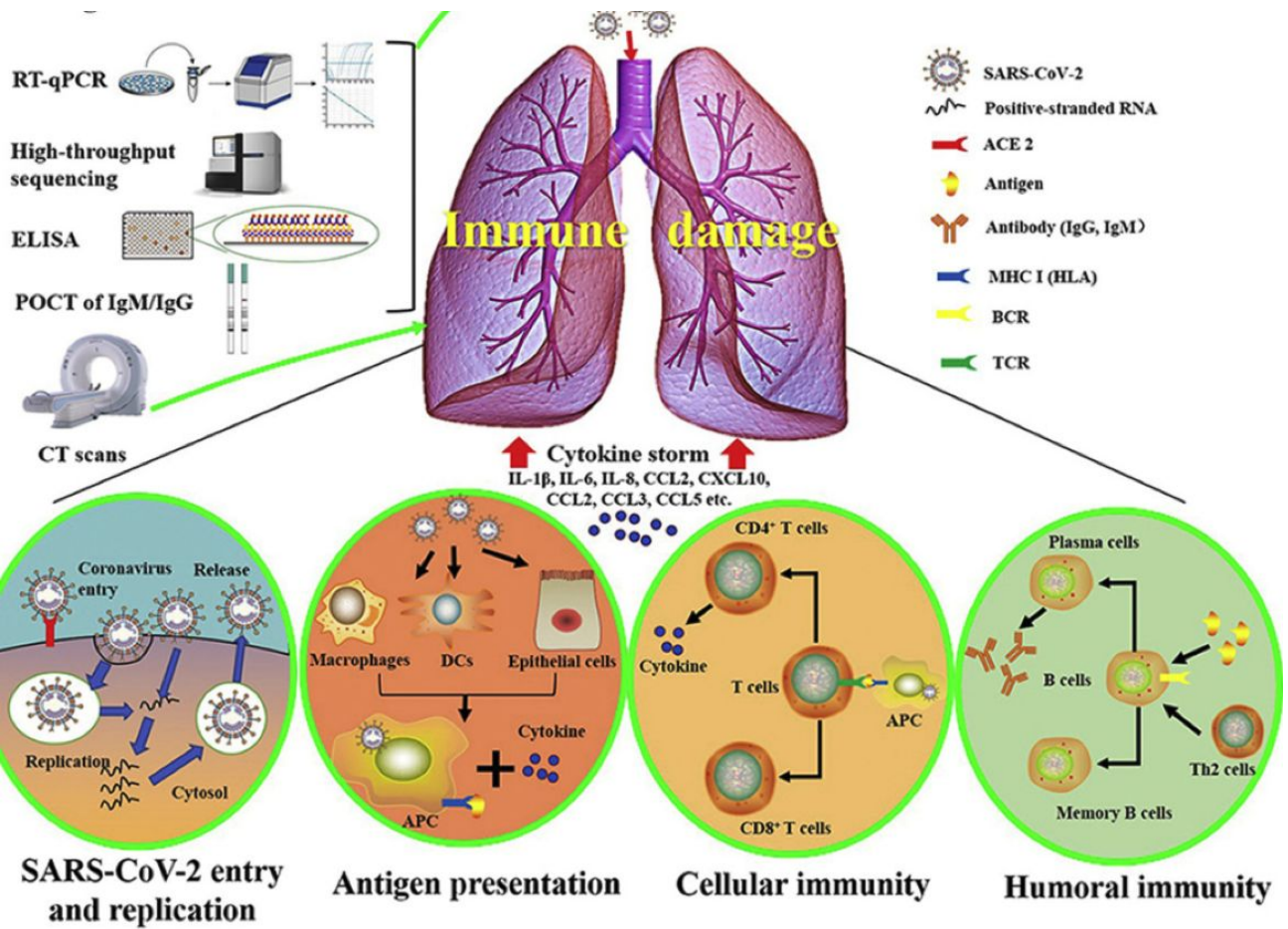
How can we optimize and maintain immune health?

- ✔ The Functional Medicine Approach



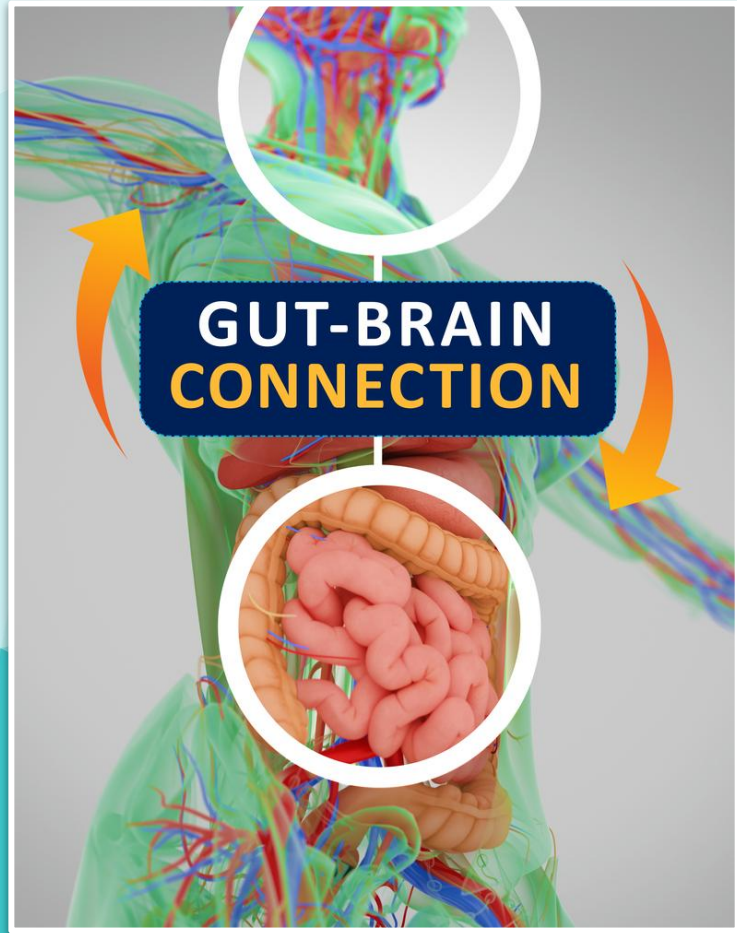
Immune system





Gut-Brain Connection





Your Mood



Your Gut Bacteria



An Integrative Whole Body Approach to a Strong Immune System

- Protect the gut-immune interface
- Support the gut microbiome
- Multi-nutrient support



**What does it look like
when the immune
system is out of
balance?**



A Balanced Immune System

- ✔ Protects against internal and external threats
- ✔ Overactive
 - ▽ Internal threat → Autoimmunity
 - ▽ External threat → Allergies
- ✔ Underactive
 - ▽ Internal threat → Cancer
 - ▽ External threat → Infection



Immunocompromise

- ✔ Temporary or permanent
- ✔ Common infections
- ✔ Severe when immune cells are target of infection
- ✔ Chemotherapy, bone marrow transplants, or immunosuppressive drugs
- ✔ Pregnancy
- ✔ Rare primary immune deficiency diseases
- ✔ Cancer, Diabetes
- ✔ Autoimmunity: RA, IBD, SLE, Hashimoto's
- ✔ Tobacco use and excessive alcohol



Signs of Immunocompromise

- Frequent URIs
- Shingles
- Recurrent cold sores or genital herpes
- Poor wound healing
- GI troubles - 70% of our immune system is in our guts
- Stress and fatigue



Infectious Illness Prevention - Basic Measures



**Wash hands
often**



**Avoid touching
eyes, nose, or
mouth with
unwashed hands**



**Avoid contact
with sick people**



**Stay home while
you are sick; avoid
others**



**Cover mouth/
nose with a tissue
or sleeve when
coughing or
sneezing**



Please read before entering.

IF YOU HAVE



Please call our office before coming inside.
Clinic Phone # (828) 490-1545

The clinic staff may ask you to wear a mask or use tissues to cover your cough.

Thank you for helping us keep our patients and staff safe.




For more information: www.cdc.gov/COVID19



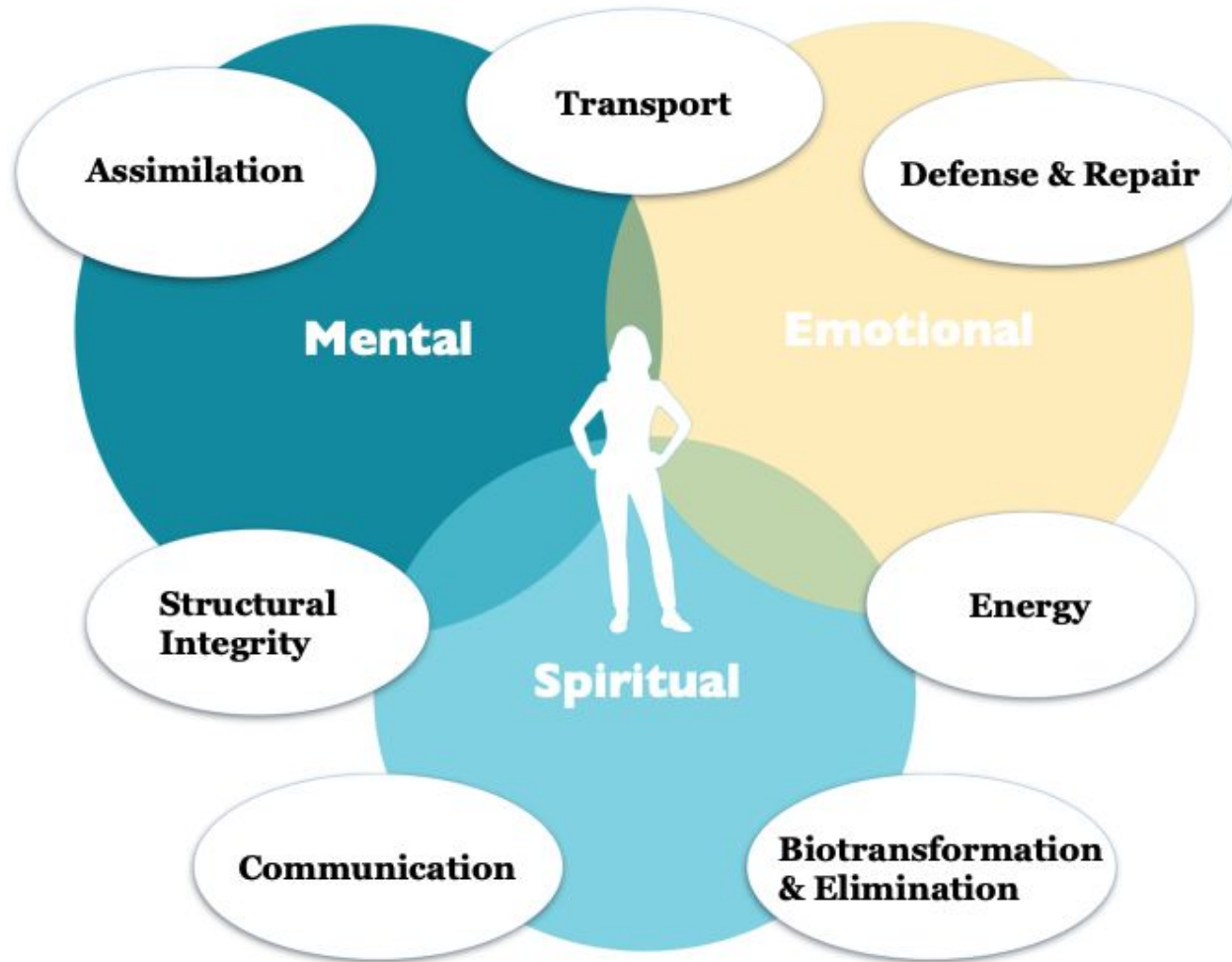
How can we optimize and maintain a healthy immune system?



A decorative vertical panel on the left side of the slide, featuring a complex geometric pattern of overlapping triangles in various shades of teal and light blue.

A Functional Medicine Approach to Optimal Immune System Function







Supportive Relationships



Sleep



Stress



Movement



Food



Nutritional Supplements for Immune Support



Supportive Relationships





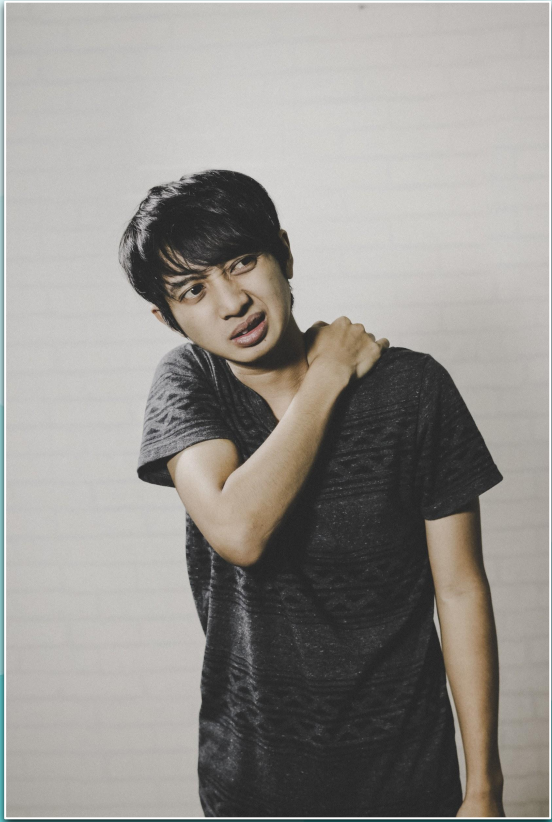


Sleep, Brain Function & the Immune System



Stress, Cortisol, Mental Health & the Immune System







A Recipe for a Relaxed Human



Activities, Hobbies & Creativity





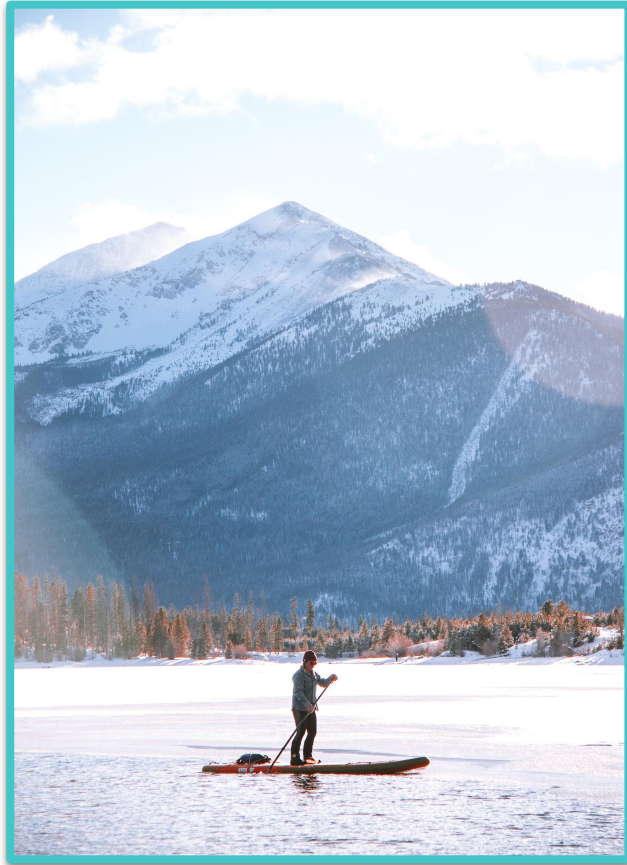
**What brings
you joy?**



Time in Nature





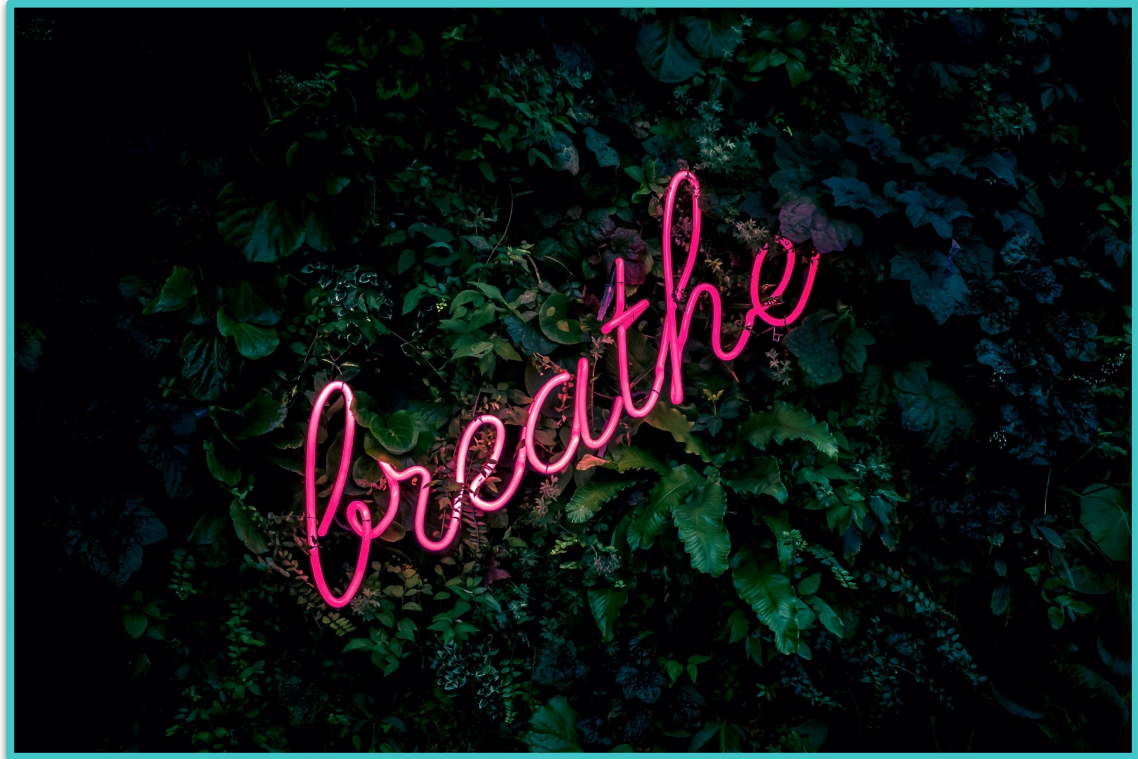


Spiritual Practice









The Season of Light



Move the Body



Movement is Medicine



Exercise & the Immune System



Does Exercise Really Matter?



Study Reference: <https://www.ncbi.nlm.nih.gov/pubmed/21041243>





How can you adapt?



Food is Medicine











Botanical Medicine & Nutraceuticals





Plants & Nutrients

Quercetin, 1 g BID

- Inhibits viral replication, stabilizes mast cells

Turmeric, 500 – 1,000 mg BID

- Modulates various immune responses including inflammasome activation

Green Tea, 225 mg/day

- Modulates inflammasome activation

Resveratrol 100–150 mg/day

- Modulates inflammasome activation

N-acetyl Cysteine, 600–900 mg BID

- Supports glutathione production and is a mucolytic

Vitamin C 1–3 g/day

- Accumulates in phagocytic cells and enhances chemotaxis



Upcoming Webinars

2021

Gut-Brain Connection Series -

Jan 6. An Introduction to the 5R Functional Medicine Approach

Feb 3. Remove - How to Address Environmental Toxicity

Mar 3. How to Identify & Address Low Stomach Acid (Hypochlorhydria), Pancreatic Enzyme Deficiency and Bile Salt Deficiency



caringforthebody.org/events



Sleep *Let LOVE be your guide.* Learn the art of contentment.

Keep Learning. Forgive

CHOOSE TO CREATE

Seek beauty. **HEALTH FOR LIFE.**

Pray **Eat real food. Trust**

Empower others.

Believe in your dreams.

Laugh and smile a lot. 😊

Practice Mindfulness. *Follow your passion.*

SPEND TIME IN NATURE. **Tell your truth.**

Everyday holds the possibility of a *miracle.* **Cultivate Gratitude.**



**There's always a new
chance and opportunity.**

Breathe

Move your body.

Drink water. Play

Slow down. Share kindness.

Balance

Cynthia Libert, M.D.

Caring for the Body, PLLC
1998 Hendersonville Rd
Suite 24
Asheville, NC 28803

(828)490-1545

Caringforthebody.org

help@caringforthebody.org



THANK YOU!

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, and infographics & images by **Freepik**

