

# The Role of Immunity Recommendations & Resource Links

## Cortices Technique

This is a short 13 minute webinar. The first 10 minutes is Lynn taking you through a powerpoint presentation on some key concepts on what the Cortices Technique is and the underlying theory of the technique. The powerpoint has excellent visuals of the technique. The last 3 minutes is her actually demonstrating the technique. As you become proficient performing the technique on yourself you will be able to complete it in about 1 minute: <https://youtu.be/wpmRD-OpdBc>

## Tahiti vacation relaxation pose

Blog: <https://accesscompletewellness.com/blog/tahiti-vacation-relaxation/>

Video demonstration: <https://accesscompletewellness.com/tahiti-vacation-relaxation-technique/>

## Anxiety webinar

You don't HAVE to be so anxious! What if there were easier ways to cope with stress and anxiety than the burden (and expense) of over-the-counter drugs? So many people who experience anxiety simply aren't aware that there IS an alternative state of mind to feeling stressed all the time, WITHOUT depending on costly pharmaceuticals to do so. For centuries, holistic medicine has treated those experiencing symptoms of anxiety, stress, and depression with all-natural methods of alleviating stress, and this webinar, Calm Your Anxiety, will help you to understand exactly how!

<https://accesscompletewellness.com/calm-your-anxiety-webinar/>

## Thieves Waterless Hand Sanitizer

- **1 oz bottle** - easily fits in a purse, backpack or pocket.  
[https://www.youngliving.com/en\\_US/products/thieves-waterless-hand-sanitizer?al=hand%3Fsponsorid%3D1154173&enrollerid=1154173&type=member](https://www.youngliving.com/en_US/products/thieves-waterless-hand-sanitizer?al=hand%3Fsponsorid%3D1154173&enrollerid=1154173&type=member)
- **7.6 oz bottle** - a larger size that is convenient for offices, bathrooms, and kitchens  
[https://www.youngliving.com/en\\_US/products/thieves-hand-sanitizer-76oz?sponsorid=1154173&enrollerid=1154173&type=member](https://www.youngliving.com/en_US/products/thieves-hand-sanitizer-76oz?sponsorid=1154173&enrollerid=1154173&type=member)

## Our Young Living Essential oil link:

You don't compromise on your family's wellness, and neither do we. We're here to ensure that your family enjoys the benefit of pure, authentic products. That is why we use and recommend only Young Living Essential Oils. Young Living is committed to providing pure, powerful products for every family and lifestyle, all infused with the life-changing benefits of our authentic essential oils. To learn more and/or purchase therapeutic grade A essential oils, please use the following link. <https://www.myyl.com/yleo>

## BodyTalk Access Class

Optimize Your Immune System with BodyTalk Access! BodyTalk Access is a revolutionary self-care program learned in 1-day, used for a lifetime to support the health and well-being of your entire family!!

<https://accesscompletewellness.com/bodytalk-access-online/>

## Aroma Freedom Technique (AFT)

AFT is a simple but effective technique for using your Young Living's essential oils, combined with intention and awareness, to breakthrough and transform the negative thoughts, feelings, emotions and memories that may be holding you back. <https://accesscompletewellness.com/blog/aroma-freedom-technique-aft/>

## Emotional Regulation Work

This process for emotional regulation is very efficient to resolve conditions such as depression, PTSD, fear, anxiety, anger and grief among others. A critical benefit of this work is the ability to resolve long-standing traumas and emotional patterns without emotionally being reactivated. Sessions rarely need to exceed 30 minutes to obtain a **complete** and **permanent** resolution.

<https://accesscompletewellness.com/emotional-regulation-with-tipi/>

**Microbiome Blogs:** Learn about the microbiomes of the body and how they impact your gut health, skin, eyes, respiratory system etc.

- ***What is a Microbiome?*** Your Key to a Strong Immune System! Want to address in your own body the latest in scientific research? Then you should be very interested in what a microbiome means to you...  
<https://accesscompletewellness.com/featured/microbiomes/>
- ***Why Does a Microbiome Matter to me?*** Microbiomes, a more recent discovery in scientific research, are showing us the importance of microbes in our body systems. Microbes are those things you may think are pesky such as parasites, fungus, bacteria and viruses.  
<https://accesscompletewellness.com/featured/why-does-a-microbiome-matter-to-me-why-does-a-microbiome-matter-to-me/>
- ***Is your environment making you ill?*** Is your environment, physical and/or emotional, impacting your health? Epigenetics might be the answer. The latest in scientific research is identifying how environmental factors can modify how our genes are expressed. The study of this is known as epigenetics. Let's be sure not to confuse genetics with epigenetics.  
<https://accesscompletewellness.com/blog/is-your-environment-making-you-ill-the-epigenetic-factor/>

### **Braintap**

Braintapping is a quick and easy way to relax, reboot and revitalize by simply optimizing your brain's peak potential—anytime, anywhere. Backed by neuroscience and research, braintapping is proven to help people who experience high stress, difficulty sleeping, low energy, anxiety and other lifestyle challenges. <https://accesscompletewellness.com/braintap>

**The following references have been referred to in the making of today's event.**

**For further reading on how the immune system functions, check out the following resources:**

<https://www.healthline.com/health/acquired-immunity#active-immunity>

<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/immune-system>

[https://en.wikibooks.org/wiki/Human\\_Physiology/The\\_Immune\\_System](https://en.wikibooks.org/wiki/Human_Physiology/The_Immune_System)

### **How the flu works:**

<https://science.howstuffworks.com/life/cellular-microscopic/flu6.htm>

<https://www.nhs.uk/conditions/vaccinations/how-flu-vaccine-works/>

### **How to boost your immune system:**

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>