



Strengthening Your Immune System to Minimize Coronavirus

Presented by Chef Marshall O'Brien*

OVERVIEW: With all the current interest in the Coronavirus and flu, we are seeing a surge in requests from companies and organizations for help in putting together their plans to handle the Coronavirus. These plans require educating their employees about smart actions they can take while doing so without bringing people together in a group.

Ensuring that people have a healthy immune system goes a long way in fighting and minimizing the effect of this virus or the flu and allowing family and coworkers to stay healthy and active. Smart Nutrition is the best way to ensure that your immune system is operating at maximum efficiency and better able to fight off viruses that come your way.

While most of our seminars in the past have been live, we know that in the current climate these seminars need to be videos. Our video program includes critical components to help your immune system operate at its peak performance.

The three videos are:

- Foods to Improve your Immune System
- Foods for Good Gut Health – 70-80% of your immune system is in your gut
- Foods to Reduce Stress – stress is a major contributor to reducing your immune system

Details:

- Each video subtopic is 20-22 minutes
- We talk about the topic and demonstrate a recipe
- We supply a pdf for each subtopic
- We supply a pdf of 4 recipes on each subtopic

Your group will own the videos which can be used as often as needed. The flu season is another ideal time to share these videos. We ask that the use of these videos be limited to employees and their families.

This is an efficient, economical solution that every organization needs in these trying times.

**Chef Marshall is a dynamic speaker who has presented at national conferences and regularly appears on Twin Cities television, where he is a trusted voice for Smart Nutrition. He is founder and CEO of The Chef Marshall O'Brien Group, a company staffed with chefs, dietitians, researchers, writers and videographers, whose goal is to understand current best nutrition practices and translate them into foods and recipes that will produce positive nutritional results and taste great. He presents several seminars for AdvantageHealth clients including Fortune 500 companies, schools, childcare and government agencies.*

