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Shaklee®
AMBASSADOR

IMMUNE HEALTH: 8 KEY TAKEAWAYS

Immune resilience changes through the decades—but daily foundations can help you stay proactive.

1 Immune health changes with age.

Your immune resilience isn't static. Hormone shifts, stress, muscle loss, inflammation, and nutrient absorption can all influence immune function as we move through the decades.

2 Build the foundation every day.

Across every decade, the transcript emphasizes quality sleep, adequate protein, gut health, vitamin D, antioxidants, hydration, nutrition, movement, and stress management.

3 Your 20s are about building.

Use your 20s to establish habits around nutrition, hydration, movement, and stress management that can support long-term immune resilience.

4 Your 30s are about protecting your energy.

As life gets busier, the focus shifts toward maintaining energy, balancing blood sugar, and reducing inflammation.

5 Your 40s bring new priorities.

Hormonal shifts can influence many systems. Supporting muscle and bone health and choosing anti-inflammatory nutrition become increasingly important.

6 Your 50s call for a more proactive approach.

The presentation highlights cellular and heart health, stress management, and protecting the foundation you have built.

7 Your 60s and beyond are about strength and independence.

Maintaining muscle, supporting brain health, and prioritizing high-quality protein are highlighted as important parts of staying strong as you age.

8 Small, consistent choices add up.

The goal isn't to wait until you are sick. Understanding how your needs change by decade can help you be proactive and make practical choices for lifelong wellness.

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