
Covid-19
Immune System
Bootcamp

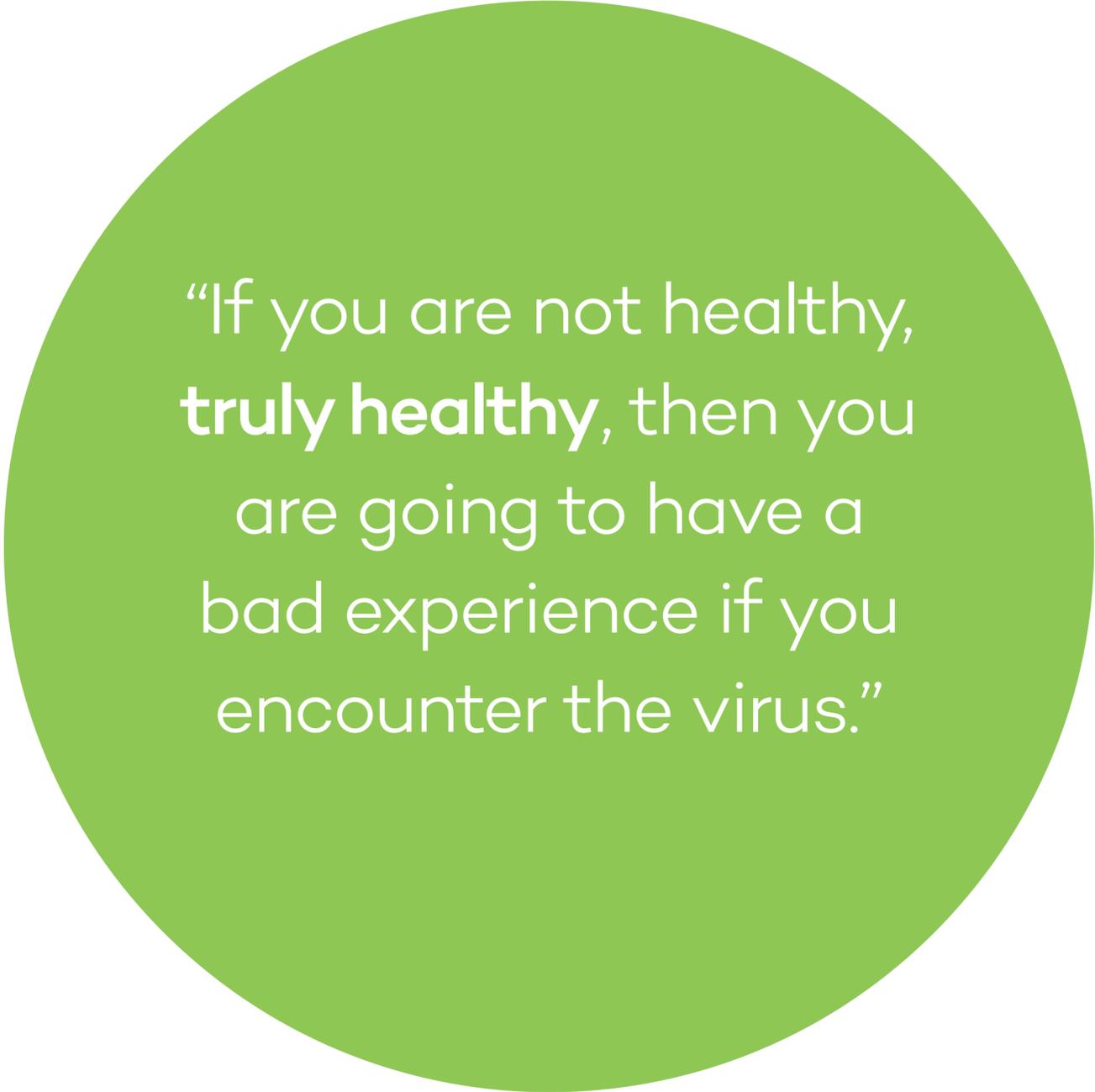
JTEthos
Master Personal Trainers

Introduction

Covid-19 has absolutely rocked the entire world and it is unlikely that there is a single person on the planet that has not been affected in some way. Research is finding out more and more every week but the biggest co-factors associated with the worst experiences of Covid -19 are being **overweight, diabetic or living with an underlying health concern.**

And whilst we are all familiar with social distancing guidelines and the importance of sanitising our hands there is little information about how we address **our own health and immunity against the virus.**

As a species, we humans have never been less healthy and at JT Ethos we believe that one of the biggest factors in the pandemic is the realisation that we humans are vulnerable. There is a brutal truth to Covid-19 that you cannot fake – if you are not healthy, truly healthy, then you are going to have a bad experience if you encounter the virus.



“If you are not healthy, **truly healthy**, then you are going to have a bad experience if you encounter the virus.”

repairing &
rejuvenating your
microbiome

We have about 10
times as many
microbial cells as
human cells

About Our Bootcamp

But we are not helpless and do not need to live in fear. There are things that you can do and our Covid-19 Immune System Bootcamp is designed to give a short, sharp & **sustainable uplift to your immune system.** The most recent research has shown significant links between microbiome health and diversity and resilience against the worst of Covid-19.

Not only that but it will also guard you against the winter flu and help you rejuvenate after what has been one hell of a year for all of us.

Our bootcamp focusses on **repairing and rejuvenating your microbiome** – the flora and fauna that make up your digestive system and provide about 60% of your body's total immune system.

We are using our **specialised 4 Doctors Holistic Health Model** and combining it with some world class supplementation to deliver a compact but powerful transformation to your body, mind and immune system.

What's Involved

Our Covid Immune System Bootcamp is run fully online and involved the following:

- 1 x 2-hour initial webinar,
- Weekly 45-minute webinars,
- 1 x 45 minute 1:1,
- 1 x 2-hour webinar in week 3,
- 1 x 2 hour round up webinar,
- Full 6 week world class supplement programme

The programme is delivered by a team of experienced specialists, therapists and coaches from a range of disciplines who each have decades worth of experience.



Key Elements

*With no stated
destination,
any road
is a good road*



Dr Diet. Your Diet forms the cornerstone of every cell in your body. You literally ARE what you eat. Our immune system is constantly under attack from the majority of the foods that we eat on a day to day basis – sugar, refined flour, processed foods, alcohol, caffeine to name but a few.

- Carefully guided detox programme
- Hydration strategies
- Personalised nutrition that works for you
- Supplementation to speed up gut overhaul
- Strategies to make the changes last and fit into your normal life



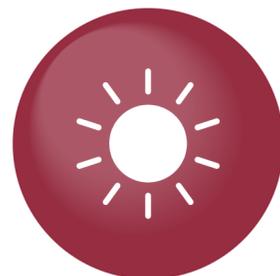
Dr Movement. Movement is life, it is vital that you move your body each and every day but also that you do something that you enjoy. Remember that your body is between 60 & 75% water and water that doesn't flow stagnates & smells. Note that it is not Dr Exercise.

- Understand which type of exercise is best
- Plan how much, how often and where



Dr Quiet. Rest and relaxation are essential to any health kick. That is not just resting the body, but the mind too. An overworked mind can totally destroy any progress that the body is trying to make.

- Is sleep important
- How much sleep do I need
- How else can I rest up
- What if I can't shut down my mind?



Dr Happiness. The Boss! It doesn't matter what any of the others are trying to do if Dr Happiness isn't at the party the body is going nowhere fast. Open your eyes to things that really matter to you.

- Understand your motivations
- Why do you care? Should you care?
- How good could life actually be if.....
- What do you really want?
- Perhaps that job isn't so bad after all?

Who Is It For?

Our Bootcamp can benefit just about anyone, particularly during winter, however there are 4 specific groups who should be seriously looking at the immune health:

1. **Busy working professionals** in high pressure, high stress roles who are working in offices and regularly coming into contact with others, particularly if they are not able to work at home and have been working through the pandemic.
2. People with any of the **big 3 co-morbidity factors** associated with Covid-19 (obesity, diabetes and/or an underlying health concern).
3. **Anyone who has contracted the virus**, particularly if they experienced any symptoms whatsoever.
4. Those people suffering from **Long Covid**.

This is a Bootcamp, not a walk in the park. At JT Ethos we deliver results, but you have to earn the results. Participants will have an awful lot of support and guidance and anyone – with the right attitude – can do it.

Investment

Next Programme

Starting Tuesday 20th Apr 2021

£295 – Unlimited Places

[To register your interest click HERE or visit jtethos.com/covid-19-immune-system-bootcamp/](https://jtethos.com/covid-19-immune-system-bootcamp/)

Bootcamp Boss

Jim Thorp is the Founder and chief brain box at JT Ethos. He is a former professional rugby player who, like many, was forced to retire when his body gave up on him. 4 shoulder reconstructions, 1 neck surgery, countless back injuries, numerous shoulder dislocations, a few broken bones and a barrel shaped body that topped out at over 19 stone was what he was left with after forced retirement in 2005.

Plus a boatload of awesome memories and the knowledge that he'd do it all over again in a heartbeat if he had the chance.

Since then Jim has spent his time becoming a master at re-establishing health, repairing injuries and helping clients get the body they want and a body that will let them live the life they want to live.

He has become known as the go-to man for people who think they have tried everything and though he is based in Sutton Coldfield in Birmingham he has clients travelling from as far away as Manchester, Derby & Guilford.

