

# Follow-Up on Your Nutritional Advice for Immune Support

Dear [Client's Name],

I hope this message finds you well. I wanted to follow up on our recent discussion regarding your nutritional plan aimed at enhancing your immune support. It's important to ensure that you are implementing the recommendations effectively and feeling the benefits.

## Key Recommendations:

- Incorporate a variety of fruits and vegetables, especially those rich in vitamins C and A.
- Ensure adequate intake of whole grains and lean proteins.
- Consider adding sources of healthy fats such as avocados and nuts.
- Stay well-hydrated with plenty of water and herbal teas.

## Follow-Up Questions:

- How have you been feeling since implementing these changes?
- Have you encountered any challenges or concerns?
- Are there specific foods or recipes you would like to discuss further?

Remember, consistency is key! Please feel free to reach out with any questions or if you would like to schedule a follow-up appointment.

Best regards,  
[Your Name]  
[Your Title]  
[Your Contact Information]