13 Ways To Boost Your Immune System

Prevention is possible!



TAKE PROBIOTICS DAILY.

- [ ] You can either take a supplement Or add foods like yogurt to your routine.

TRY ELDERBERRY SYRUP.

- [ ] If you're really ambitious, make your own! Otherwise. you can find it in most health food stores.

EAT A BALANCED DIET.

- [ ] What you eat really does make a difference in how you feel. It can also help you fight illness if you get sick.

GET THE FLU SHOT.

- [ ] If you work with kids, it’s a must. It's really one of the best preventative measures you can take.

BE NICE TO YOUR LIVER.

- [ ] Your liver does so much for you, so take care of it, especially during the cold and flu months.

DRINK LOTS OF WATER.

- [ ] Your body just functions better With Water. Fill a big jug in the morning and drink it all.

KEEP HAND SANITIZER NEARBY.

- [ ] Clean hands can reduce colds by more than 20% and Other Viruses by more than 50%.

GET SOME SUNSHINE.

- [ ] Vitamin D will not only make you happier. but it's good for your immune system. too.

MAKE EXERCISE A PRIORITY.

- [ ] Your body will be able to fight sickness a lot better it it's strong and healthy.

LOOK INTO ESSENTIAL OILS.

- [ ] This is a natural way to boost your immune system. There are so many options to try.

DRINK MORE GREEN TEA.

- [ ] Here's another easy and natural method to try for boosting your immune system.

GET GOOD SLEEP.

- [ ] You don't need a reason to get a good night's sleep, but now you have one. It helps keep you healthy!

REDUCE YOUR STRESS LOAD.

- [ ] Give yourself a break from time to time so be ready to fight Sickness When it hits.

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