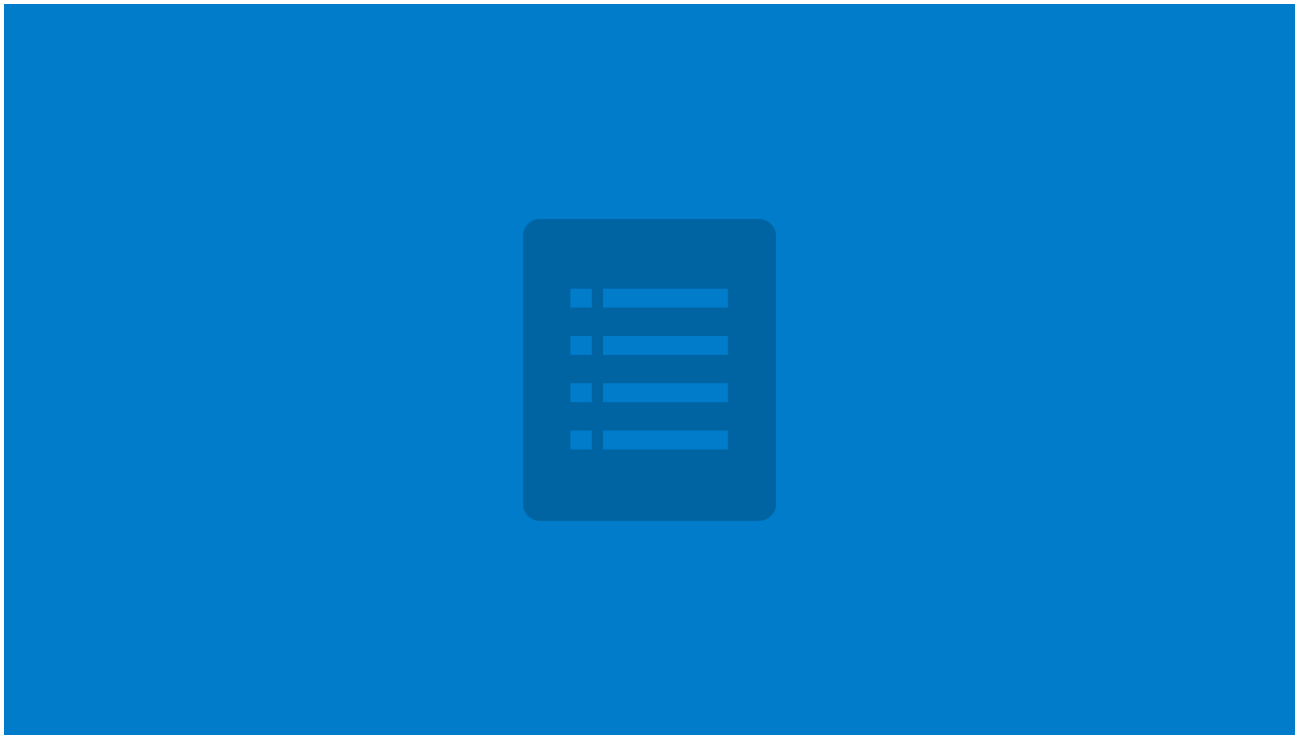
How To Avoid Getting Sick This Year!

A Practical Guide to Powering Through the Cold & Flu Season



GET 7-8 HOURS OF SLEEP

- [ ] While what constitutes as enough sleep varies from person to person, most studies show that overage adult needs at least 7 hours of sleep per night.

WASH YOUR HANDS (A LOT!)

- [ ] Washing your hands at least seven times a day can greatly cut the risk of catching the cold or flu.

DON'T TOUCH YOUR FACE!

- [ ] Even if you wash your hand a lot, you're still bound to touch contaminated surfaces throughout the day.

USE OIL OF OREGANO & ESSENTIAL OILS

- [ ] Although the science is still out an whether or not oil of oregano and other essential oils actually prevent illness.

EXERCISE REGULARLY

- [ ] Vigorous exercise is scientifically proven to boost your immune system while creating an inhospitable environment for germs.

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