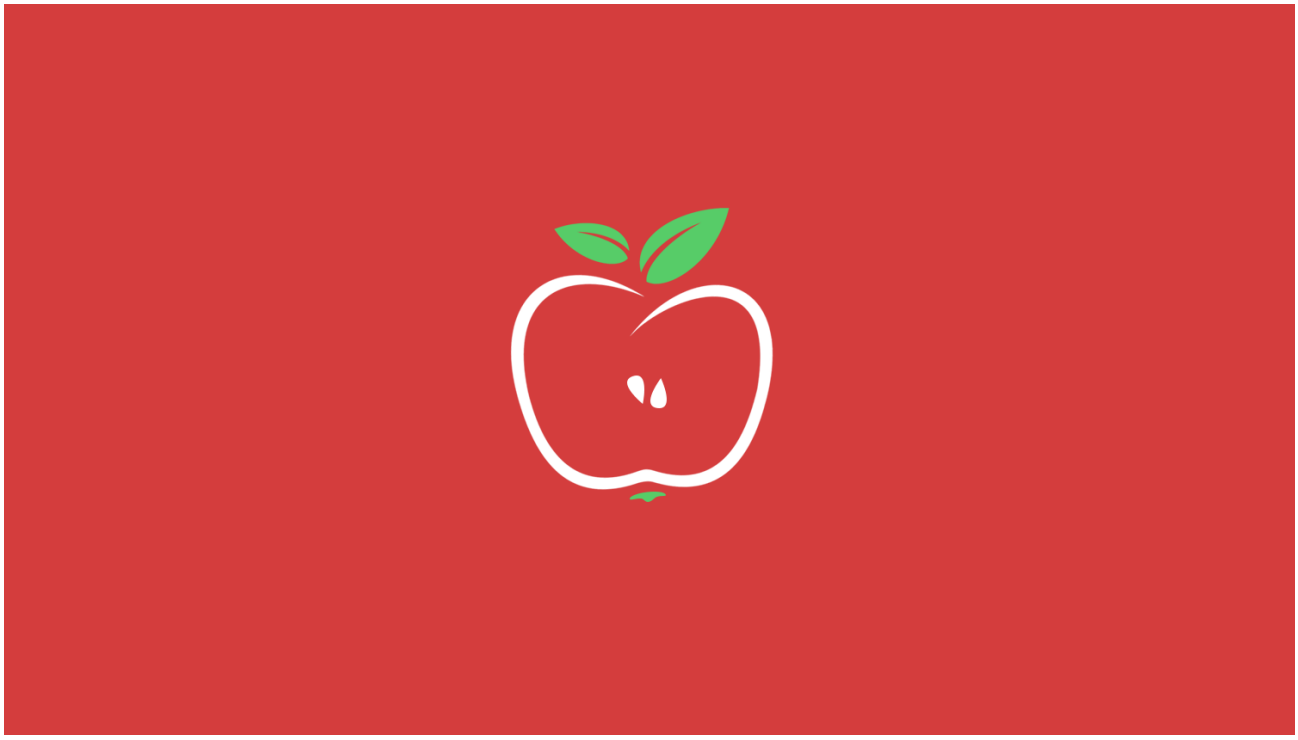
# Boost Your Immune System

Boost your immune system with these 5 tips and proven techniques. Supplement your diet with vitamin D, vitamin C and zinc to help promote your immune cells as well manage stress and quality sleep to build a strong and effective immune system



## VITAMIN D

- [ ] Vitamin D is an excellent supplement that can reduce the likely hood of suffering from infections as well as reduce inflammatory cytokines and T cells.

## VITAMIN C

- [ ] Vitamin C is another supplement to consider taking as it can prevent and treat respiratory infections as well as make your immune cells more diverse and therefore, more effective protection from infection.

## ZINC

- [ ] Zinc is an essential mineral you need for the formation and production Of immune cells, Cytokines, as well as growth and function of B and T immune cells. Therefore, boosting your immune system function hugely

## SLEEP

- [ ] Lack of sleep is shown to reduce your natural killer cells by up to 70%! So getting enough, quality sleep is important for your immune system, mental health and overall wellbeing

## REDUCE STRESS

- [ ] The stress hormone cortisol has been show to reduce your white blood cells and natural killer cells and increase inflammatory Cytokines. So managing stress is essential for your immune system function and keeping your wellness resilient too.

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