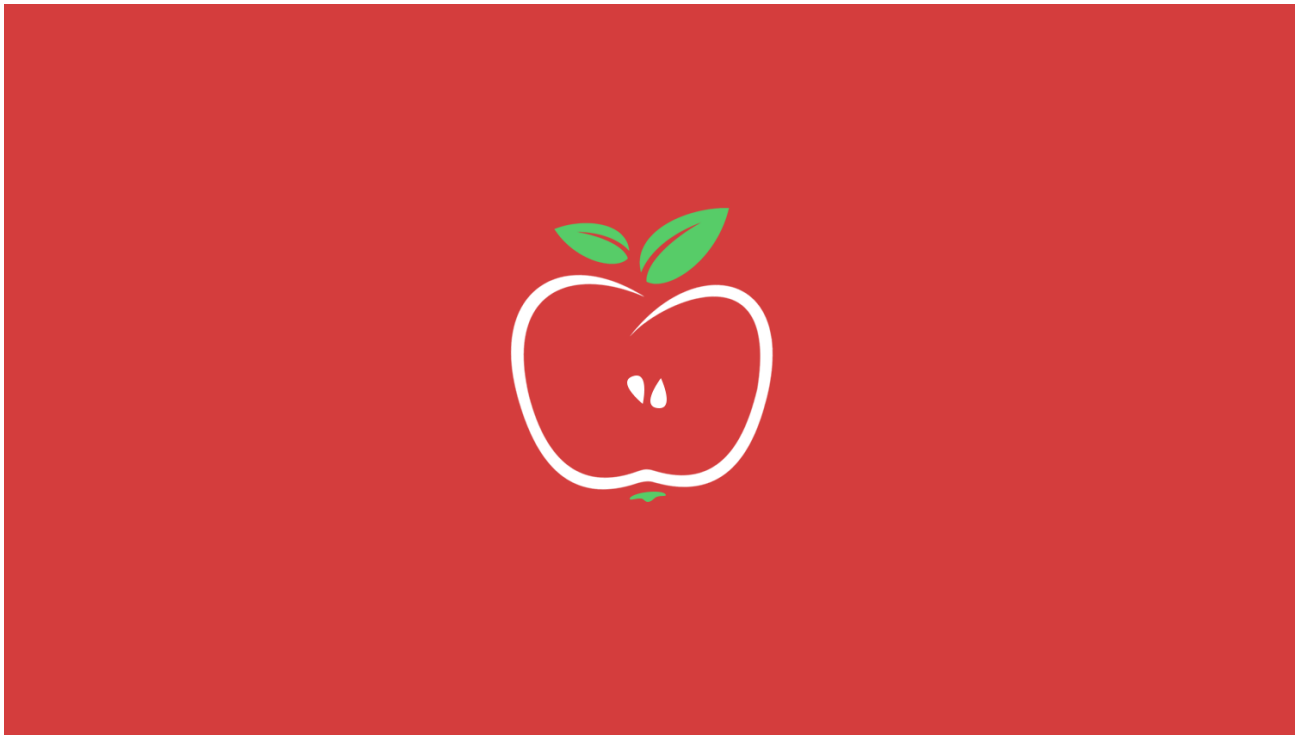
9 Ways to Boost Kids Immune System

Kids are going to get sick. It's inevitable. In fact, we don't want to keep them in a bubble. Exposure to the world actually helps strengthen and boost immune systems. But there certainly are many things we can do to reduce the number of sick days. We can take



1. Foods

- [ ] Nutrient dense foods such as blueberries, spinach, & avocados

2. Vitamin D

- [ ] Exposure to sunlight

3. Elderberry

- [ ] Loaded with vitamin C & antioxidants

4. Cod Liver Oil

- [ ] Packed with Omega 3s, Vitamins A & D

5. Zinc

- [ ] Meat, shellfish, legumes

6. Probiotics

- [ ] Yogurt, kefir, sauerkraut

7. Exercise

- [ ] 20 minutes of moderate exercise

8.Sleep

- [ ] Rest and quality sleep

9. Water

- [ ] Filtered water, fruit infused water, bone broth, fresh pressed juice

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