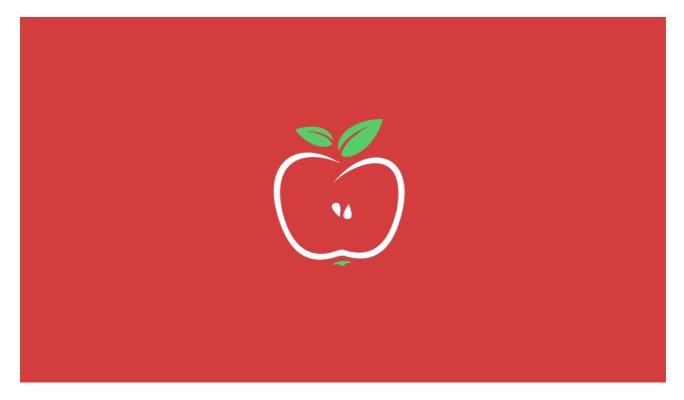
9 Ways to Boost Kids Immune System

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

Make and Share Free Checklists checkli.com