

NATURAL

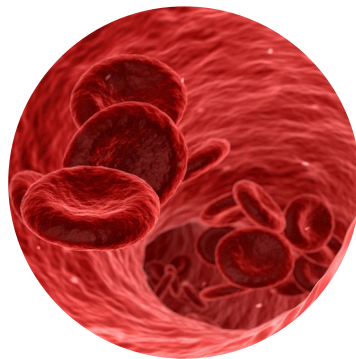
IMMUNE BOOSTERS

IMMUNITY

IMMUNE SYSTEM is your natural protection designed to defend your body against invaders such as infectious microorganisms, certain bacteria, viruses, and fungi. When your immune system is compromised it cannot protect you from infections and fight against diseases. But the good news is that your immune system can be easily strengthened. Here you will find simple, powerful & **NATURAL** ways to do it.

FOOD

- Sauerkraut
- Bone broth
- Citrus fruits
- Cinnamon
- Berries
- Natural Yoghurt
- Turmeric
- Ginger
- Garlic
- Oregano oil
- Chamomile
- Mushrooms (shitake, maitake, reishi)
- Nuts (activated)
- Poultry and Lean Meats (grass fed)



GOALS

- Healthier Lifestyle
- Overcome **Autoimmune Diseases**
- Stronger **Protection from Infectious Diseases**
- Faster **Recovery from Illnesses**
- Less vulnerable to many **Pathogens**

SUPPLEMENTS

- Probiotics
- Vitamin C
- Vitamin D
- Vitamin E
- Echinacea
- Elderberry
- Astragalus Root
- N-acetyl L-cysteine
- Zinc
- Maca Root

IMPROVE

ENERGY LEVELS

NATURAL PROTECTION

DISEASES PREVENTION

HEALING

QUALITY OF REST

ACTIVITY

- Engage in **PHYSICAL ACTIVITY**
- Eat a **NUTRITIOUS DIET**
- Avoid **PROCESSED FOOD**
- Get Adequate **SLEEP**
- Reduce Your **STRESS** Levels
- Stay **HYDRATED**
- Get **VITAMIN D** From Sunlight
- Avoid **SMOKING**
- Listen To Your **BODY**
- Spend **QUALITY TIME** With Family And Friends