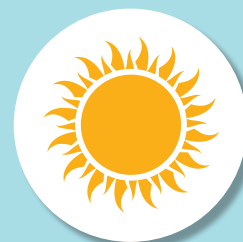


BOOST YOUR IMMUNE SYSTEM

Naturally

Go Outside for Sunlight

Sunlight increases Vitamin D and energizes infection-fighting cells in the body



Eat Fruits and Vegetables

Fruits and vegetables provide vitamins and minerals which keep your immune system strong



Exercise Regularly

Exercise promotes good circulation and allows the immune system to do its job efficiently



Get Adequate Sleep

Infection-fighting antibodies and cells are reduced during periods when you don't get enough sleep



Minimize Stress

Modern medicine has come to appreciate the closely linked relationship of mind and body



Stop Smoking

Smoking introduces toxins into your body and lowers your immunity

