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