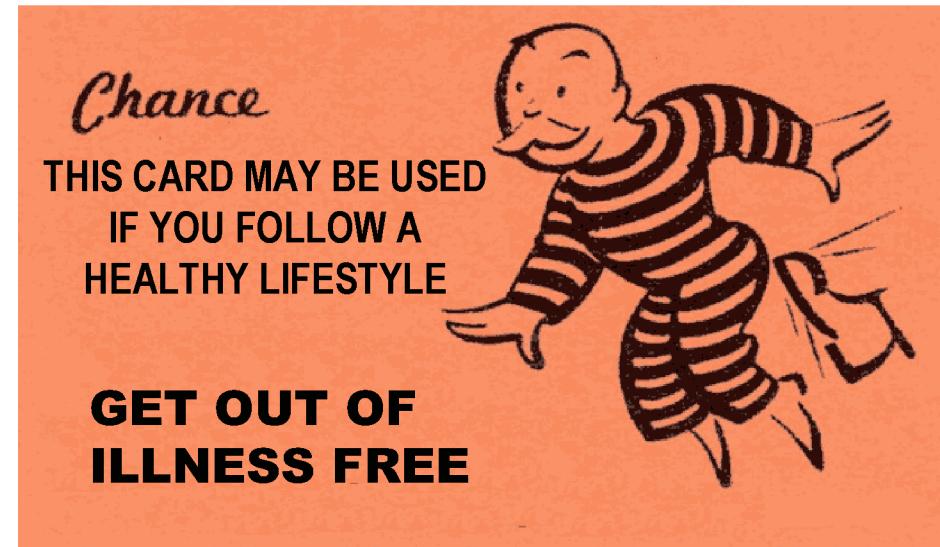


# YOUR IMMUNE SYSTEM

## How You Can Help It Function At Its Best



**A HEALTHY LIFESTYLE  
IS YOUR BEST DEFENSE  
AGAINST ILLNESS**

## Avoid the Cold and Flu Bugs



**Eat a diet high in fruits, vegetables, and whole grains, and healthy fats.**



**Exercise regularly**



**Maintain a healthy weight**



**Stay Hydrated**

## Avoid the Cold and Flu Bugs



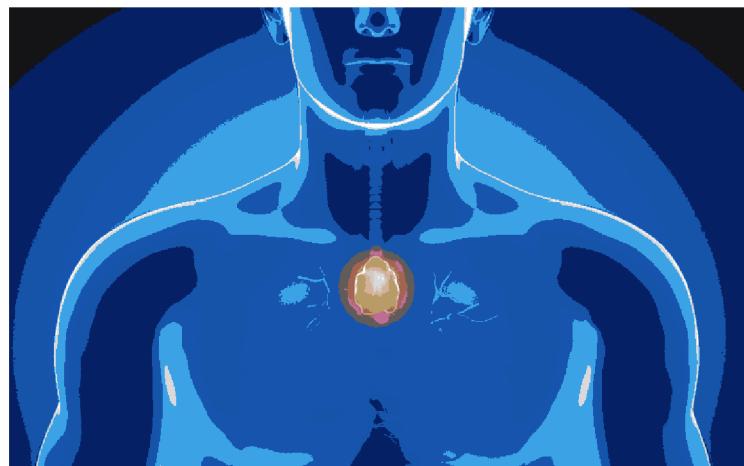
**Adequate sleep is essential**



**Laugh more**



**Hugs are healthy**

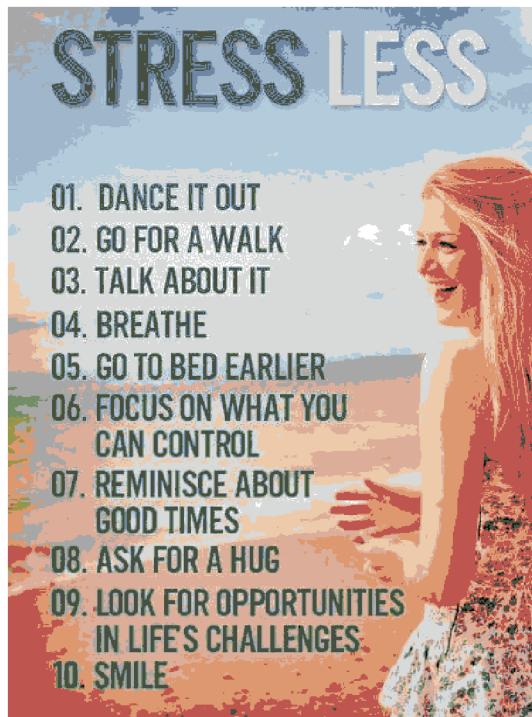


**Stimulate your thymus  
by tapping it with your fingers**

# Avoid the Cold and Flu Bugs



**Don't smoke**



**Avoid stress**



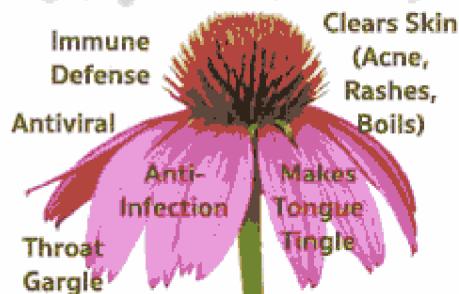
**Reduce alcohol**



**Fresh air and sunshine**

# Herbs For Your Immune System

## **Echinacea Angustifolia (Purple Coneflower)**



**Echinacea**

## **ASTRAGALUS**

- ~powerful antioxidant
- ~boosts immune function
- ~strong anti-inflammatory
- ~super antiviral & anti bacterial
- ~increases energy

**Astragalus**



**Ginseng**

Organic Facts

## **BENEFITS OF ASHWAGANDHA**



Aids in improving vitality and fertility

Relieves stress, anxiety and depression

Stimulates secretion of thyroid hormones

Provides relief from inflammation and pain

Effective in controlling bacterial infections

Beneficial in treating diabetes and cataracts

Boosts immunity and treats seizures and convulsions

Strengthens heart muscles and controls cholesterol

Caution: Avoid intake during pregnancy and avoid excess consumption

**Ashwaganda**

# Herbs For Your Immune System



**Ginger**



**Sage**



**Garlic**



**Citrus**

## Avoid the Cold and Flu Bugs



1

Using gloves

2

Washed hands

3

Unwashed hands

A teacher did an experiment about germs and how they spread.

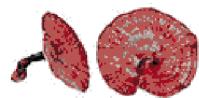
After a few days it was clearly apparent why it is important to wash our hands.

Some times it takes a reality check to change our behavior!

**Wash your hands**

# Foods For Your Immune System

## MEDICINAL MUSHROOMS



**NAME:  
REISHI**

**FOR:**  
CALM BODY & MIND,  
RELAX AND DEEPER SLEEP.



**NAME:  
CHAGA**

**FOR:**  
BULLETPROOF  
IMMUNITY



**NAME:  
CORDYCEPS**

**FOR:**  
ENERGY BOOST AND  
RECOVERY



**NAME:  
LION'S MANE**

**FOR:**  
BRAIN POWER,  
BOOSTER



**NAME:  
SHIITAKE**

**FOR:**  
NURTURES SKIN & BEAUTY,  
SUPPORTS THE LIVER



**NAME:  
MAITAKE**

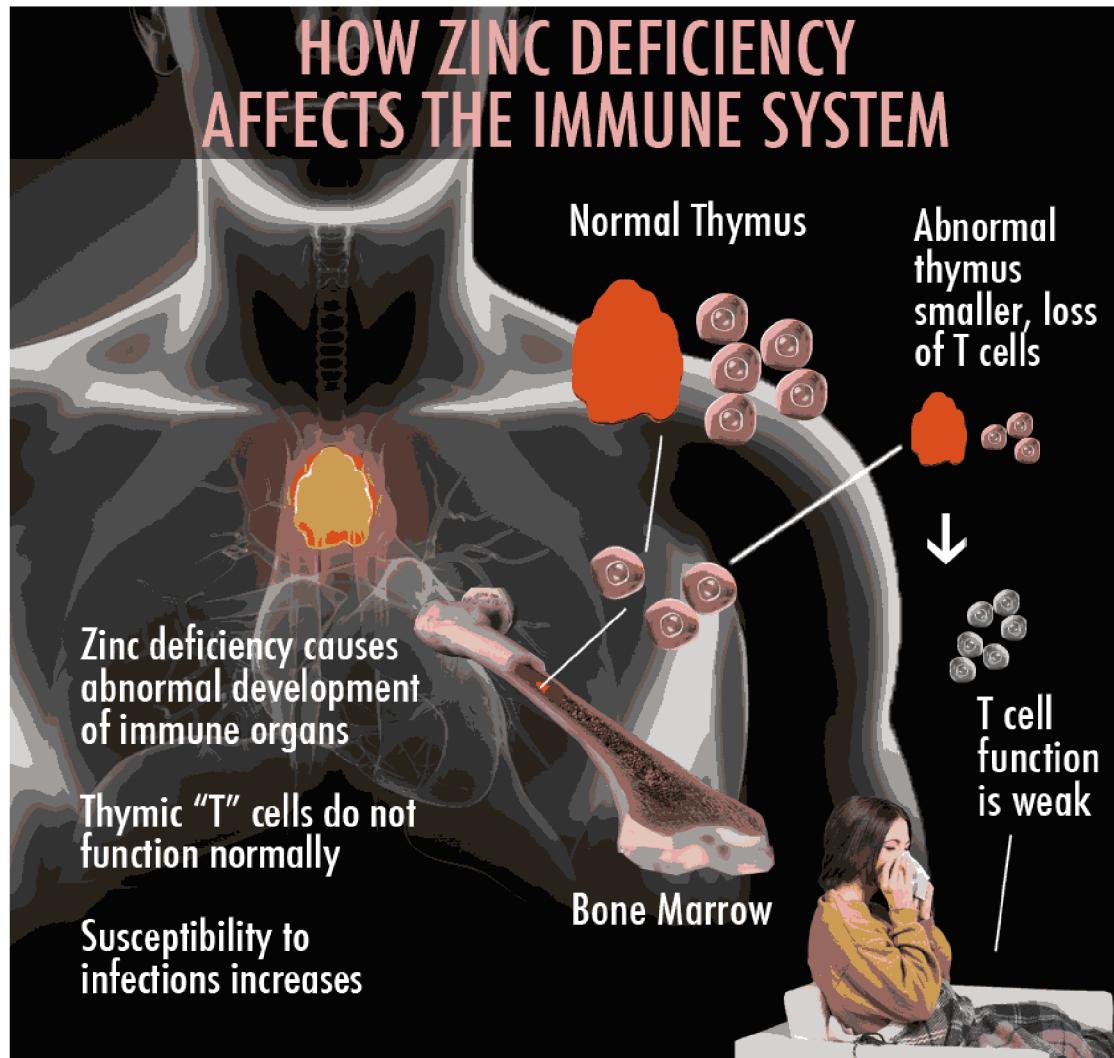
**FOR:**  
WEIGHTLOSS AND  
DIGESTION

## Mushrooms



## Berries

# Support For Your Immune System



**Zinc**

# Support For Your Immune System

## **Food containing Probiotics**

- Milk
- Soya milk
- Tofu
- Milk products- Sour cream, Butter milk, Yogurt
- **Fermented Indian foods like**
- ❖ Idlis
- ❖ Dosas
- ❖ Dhoklas
- ❖ Vadas
- ❖ Kadhi

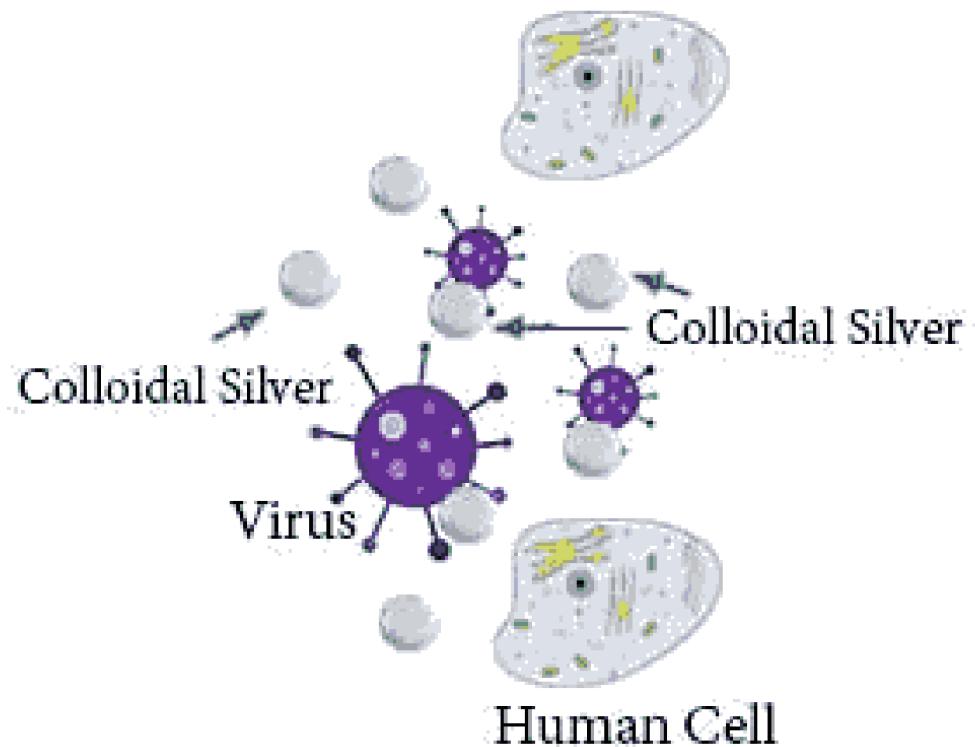


## **Probiotics**

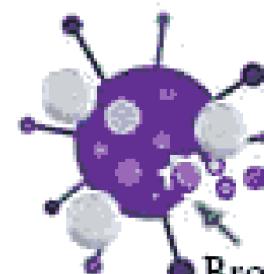


**Chicken Soup**

# Colloidal Silver



Death Virus



Broken Cell Membrane

**Colloidal Silver fights infections**



## Monolaurin



**Derived from coconut oil, Monolaurin is antibacterial and antiviral. It has the unique capability of dissolving the membranes of pathogens. Clinical trials show it is effective on Lyme's and many other infections.**