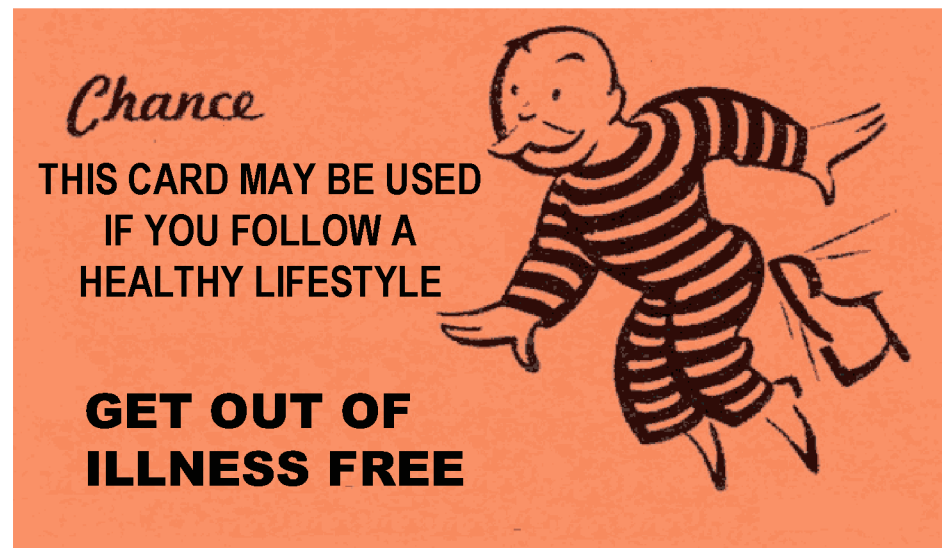


YOUR IMMUNE SYSTEM

How You Can Help It Function At It's 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



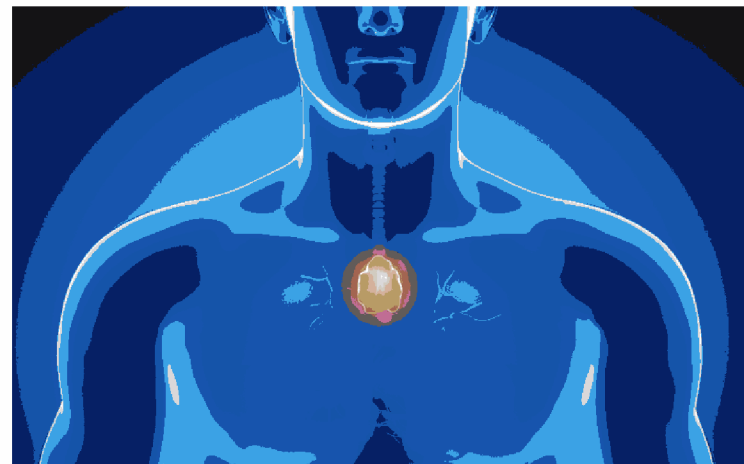
Adequate sleep is essential



Laugh more



Hugs are healthy



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

Avoid the Cold and Flu Bugs



Don't smoke



Reduce alcohol



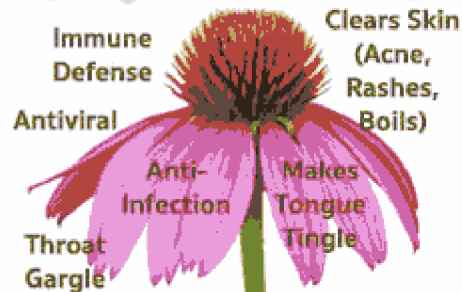
Avoid stress



Fresh air and sunshine

Herbs For Your Immune System

Echinacea Angustifolia (Purple Coneflower)



Echinacea




Ginseng

ASTRAGALUS

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

Astragalus



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.

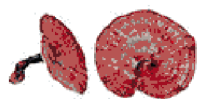
After a few days it was clearly apparent why it is important to wash our hands.

Some times is 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



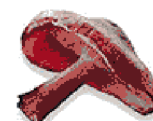
NAME:
CORDYCEPS

FOR:
ENERGYBOOST 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

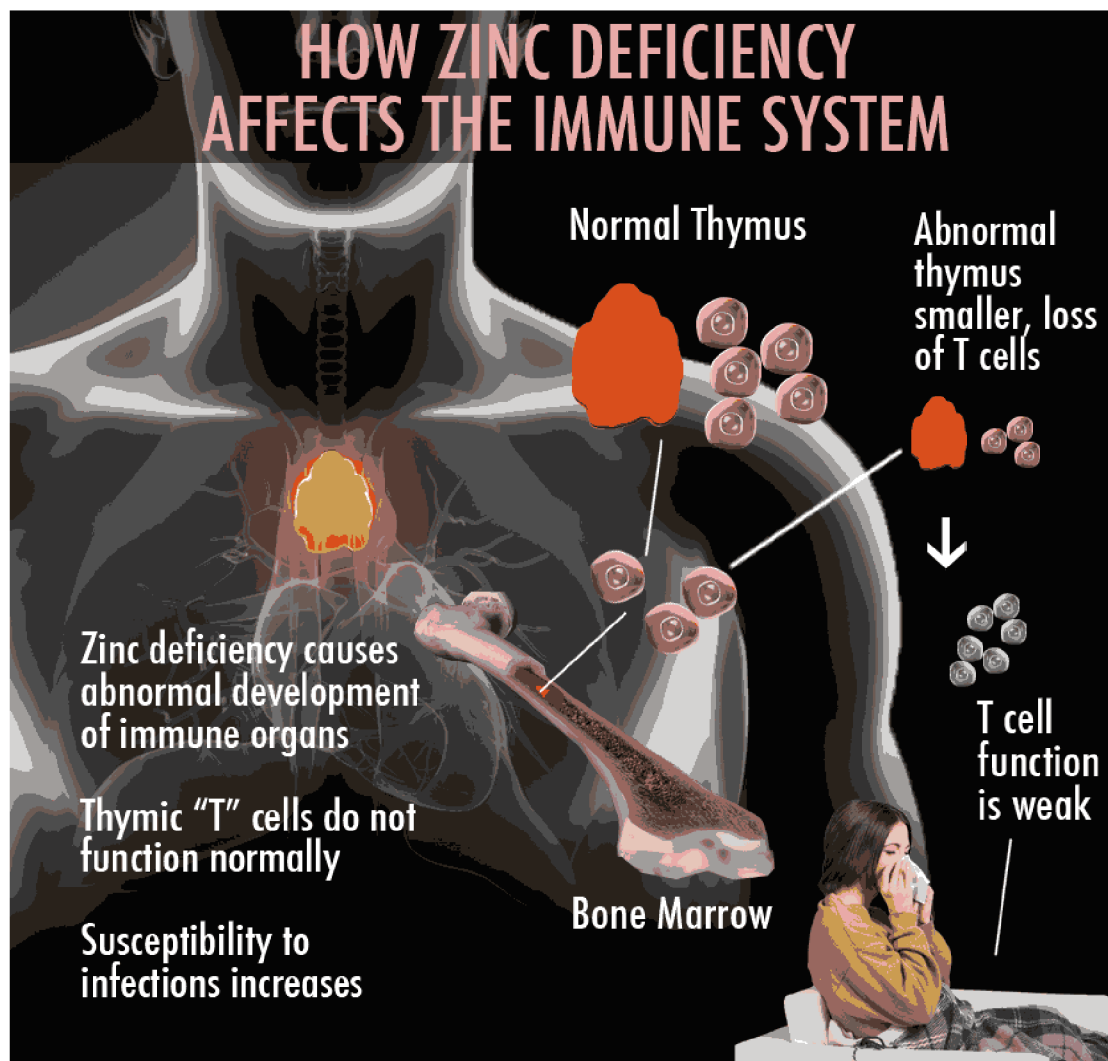
Mushrooms



BERRIES HELP IMPROVE
CHILD'S IMMUNE SYSTEM

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

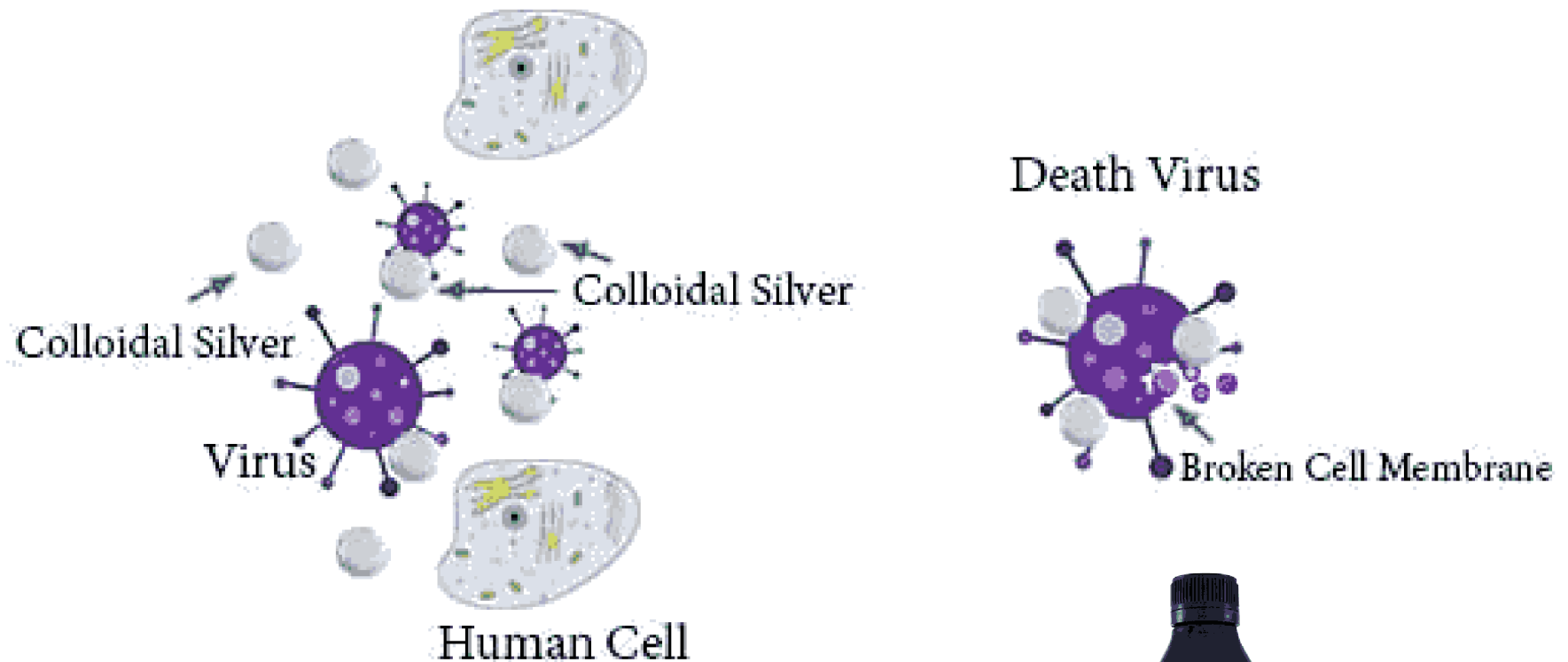


Probiotics



Chicken Soup

Colloidal Silver



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.