

Ways to Boost Your Immune System

- +Vitamin B6: Chicken, turkey, stock, broth
- +Vitamin C: Citrus fruit, red bell peppers, spinach, broccoli, sweet potatoes, tomatoes, papaya, kiwi
- +Vitamin D: Salmon, egg yolks, beef liver, mushrooms, SUNLIGHT!
- +Vitamin E: Almonds & sunflower seeds
- +Supplements/Herbs: Green tea, turmeric, ginger, garlic, echinacea, elderberry, zinc, probiotics
- +Daily exercising & 7-8 hours of sleep
- ++Limit red meat, processed food, sodas, fried foods, and refined sugar

