


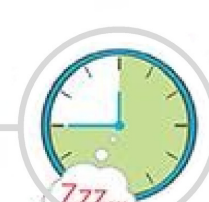


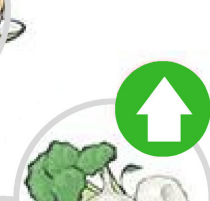


HOW TO PREVENT GETTING SICK

(IN ORDER OF IMPORTANCE)

-  Avoid over- and under-exercising
-  Avoid over- and under-eating
-  Maintain a healthy body weight
-  Wash your hands
-  Get enough sleep and manage stress
-  Eat nutrient-dense foods
-  Feed your healthy bacteria

HOW TO GET BETTER IF YOU ARE SICK

(IN ORDER OF IMPORTANCE)

- Drink lots of fluids 
- Rest & recover 
- If you're hungry, eat 
- If you're not hungry, don't 
- Focus on immune boosting foods 
- Supplement with pre & probiotics 
- Use immune boosting supplements 

FOODS THAT CAN SPEED RECOVERY

Shown to fight germs and improve symptoms these may help you feel better faster.



GARLIC

Acts as an antibiotic; Can lessen the severity of colds and other infections.



GREEN TEA

Boosts B cells antibodies; helps us get rid of invading pathogens.



CHICKEN SOUP

Provides fluids, electrolytes and anti-inflammatory nutrients that decrease symptoms.



HONEY

Antibacterial and antimicrobial properties; an effective cough suppressant.



ELDERBERRIES

Antiviral properties; rich in phytonutrients.

...AND SUPPLEMENTS THAT MAY HELP, TOO



- VITAMIN C
- ZINC
- ELDERBERRY EXTRACT
- GINSENG
- QUERCETIN
- BETA-GLUCAN
- SELENIUM
- GINGER