Helpful Tips To Strengthen Your Immune System

From the World Council for Health

Eat a balanced diet! Limit processed foods and refined sugars

Get outside! Sunlight enables the production of vitamin D

Relax! Chronic stress can lead to increased inflammation

Move your body! Regular exercise is essential for a healthy immune system

Rest up! Sleep has a significant influence on immune function

Learn more at worldcouncilforhealth.org/resources/optimize-natural-immunity