

13 WAYS TO BOOST YOUR IMMUNE SYSTEM



1 TAKE PROBIOTICS DAILY.

You can either take a supplement or add foods like yogurt to your routine.



2 TRY ELDERBERRY SYRUP.

If you're really ambitious, make your own! Otherwise, you can find it in most health food stores.

3 EAT A BALANCED DIET.

What you eat really does make a difference in how you feel. It can also help you fight illness if you get sick.



4 GET THE FLU SHOT.

If you work with kids, it's a must. It's really one of the best preventative measures you can take.



5 BE NICE TO YOUR LIVER.

Your liver does so much for you, so take care of it, especially during the cold and flu months.



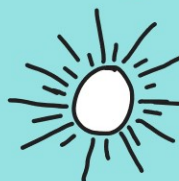
6 DRINK LOTS OF WATER.

Your body just functions better with water. Fill a big jug in the morning and drink it all.



7 KEEP HAND SANITIZER NEARBY.

Clean hands can reduce colds by more than 20% and other viruses by more than 50%.



8 GET SOME SUNSHINE.

Vitamin D will not only make you happier, but it's good for your immune system, too.



9 MAKE EXERCISE A PRIORITY.

Your body will be able to fight sickness a lot better if it's strong and healthy.

10 LOOK INTO ESSENTIAL OILS.

This is a natural way to boost your immune system. There are so many options to try.



11 DRINK MORE GREEN TEA.

Here's another easy and natural method to try for boosting your immune system.



12 GET GOOD SLEEP.

You don't need a reason to get a good night's sleep, but now you have one. It helps keep you healthy!



13 REDUCE YOUR STRESS LOAD.

Give yourself a break from time to time so you'll be ready to fight sickness when it hits.



Learn how these tricks can keep teachers healthier at:
[WeAreTeachers.com/Boost-Your-Immune-System](https://www.WeAreTeachers.com/Boost-Your-Immune-System)

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