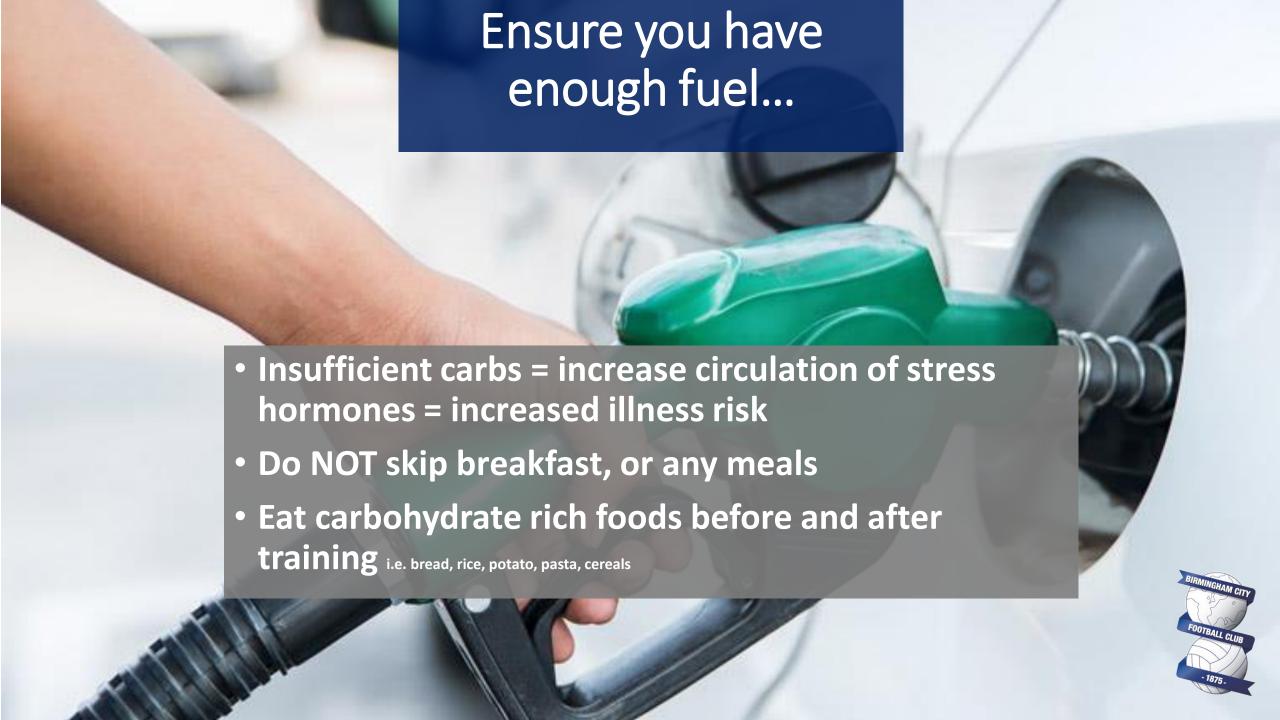
Boost Immunity and Prevent Illness

Use the power of food to boost your immune system. Now is a time, more than ever, to protect your body against illness.







The Power of Fruit & Veg

Antioxidants

(Dark bright coloured fruits and vegetables are rich in these such as blueberries, kiwi, carrot, strawberries, peppers, tomatoes)



'Protect' foods

(These foods will help you fight off illness)



7-a-day

(Eat 3 portions of fruit a day and 4 portions of veg – a portion is a handful)





Immunity Boosting Smoothies





Orange Defence

- 1 large orange
- 1 apple
- Squeeze of lemon
- 1 handful mango
- 1 carrot
- 200ml water

Vitamin D

- Sun + small amounts in oily fish and eggs
- 30-40% deficient in winter months in the UK
- Boost immune system twice as likely to get the common cold if deficient
- If you are not taking vitamin D supplements, begin asap. Purchase from Healthspan Elite (Vitamin D 4,000IU tablets) and take one tablet twice a week

Probiotics





- Increase immunity
- Drink one Yakult daily
- Or take a probiotic supplement from Healthspan Elite (Pro20 Biotic) – Take one capsule daily



Omega 3s



- Increase immunity
- Eat 3 portions oily fish per week or take a fish oil supplement from Healthspan Elite (High Strength Omega 3) – take one capsule per day



Personal Hygiene & Sleep

- DO NOT share water bottles or glasses with anyone else
- Wash hands regularly and always carry a hand sanitiser with you
- Get a minimum of 8hrs sleep lack of sleep significantly lowers your immunity







Top 5 Immunity Boosting Tips





20% off code: ISN-HEJLC

