

**Boost your immune system NATURALLY
& fight respiratory tract VIRAL infection**

Eat lots of different fruits & vegetables
(especially from Cruciferous and Allium family)

Herbs & Spices

(especially oregano, thyme, sage, mint, turmeric, ginger)

Vitamin C rich foods

(e.g. bell pepper, orange, kiwi, strawberries, broccoli etc)

Vitamin D supplement

(taken with largest meal of the day)

Drink herbal teas

(e.g. green tea and others)

Fermented foods

(e.g. homemade sauerkraut for lots of probiotics)

Oats and Mushrooms

(for immune boosting beta-glucans)

Brazil nut daily

(for selenium)

Hemp/Pumpkin seeds

(for zinc)

Quit smoking & Limit alcohol

Adequate sleep

Reduce stress

Exercise regularly

Laugh more

Further info and references: [HEALconsultancy.com/covid19](https://www.healconsultancy.com/covid19)

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