

# Rx IMMUNE BOOSTERS

1

**LOL**



2

Cryotherapy:  
**COLD**  
showers



3

Consume  
**MUSHROOMS**



4

Daily dark  
**GREEN**  
vegetables



5

Eat  
**PROBIOTIC**  
foods



6

Move  
**LYMPH:**  
massage or  
yoga



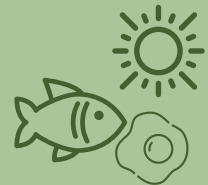
7

**REDUCE**  
alcohol &  
smoking



8

**VITAMIN D:**  
from sun  
& food



9

**SLEEP** and  
take breaks



10

**MOVE** with  
music



11

**POSITIVITY:**  
gratitude  
mindfulness  
spirituality



12

**PLAY!**  
with people  
& animals



**nonprofit**  
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the WE in wellness

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