

Rx 15 IMMUNE BOOSTERS



1. GET OUTSIDE
(10-15 min for
Vitamin D and "N")



2. GET FUNGI
(esp Turkey Tail,
Chaga, Shiitake)



3. LAUGH
(to create
endorphins)



**4. WORK OUT
or DANCE**
(with music)



**5. REMEMBER
of HABIT CHANGE**
(Key: set smaller
goals.)



6. EAT PLANTS
(Fiber, Cruciferous,
Fermented,
w/ vitamins A,B,C,D,E)



**7. LIMIT ALCOHOL
& SMOKING**



**8. GET GOOD
SLEEP/REST**
(yoga nidra)



**9. LYMPHATIC
MASSAGE**



10. MINDFULNESS



**11. SOCIAL /
PETS /
GRATITUDE**



**12. ESSENTIAL
OILS**



**13. HERBAL
TEAS / TONICS**
Elderberry, Echinecea,
Rose Hips, Licorice,
Ginger, Fire Cider.



14. AYURVEDA



15. PLAY!