

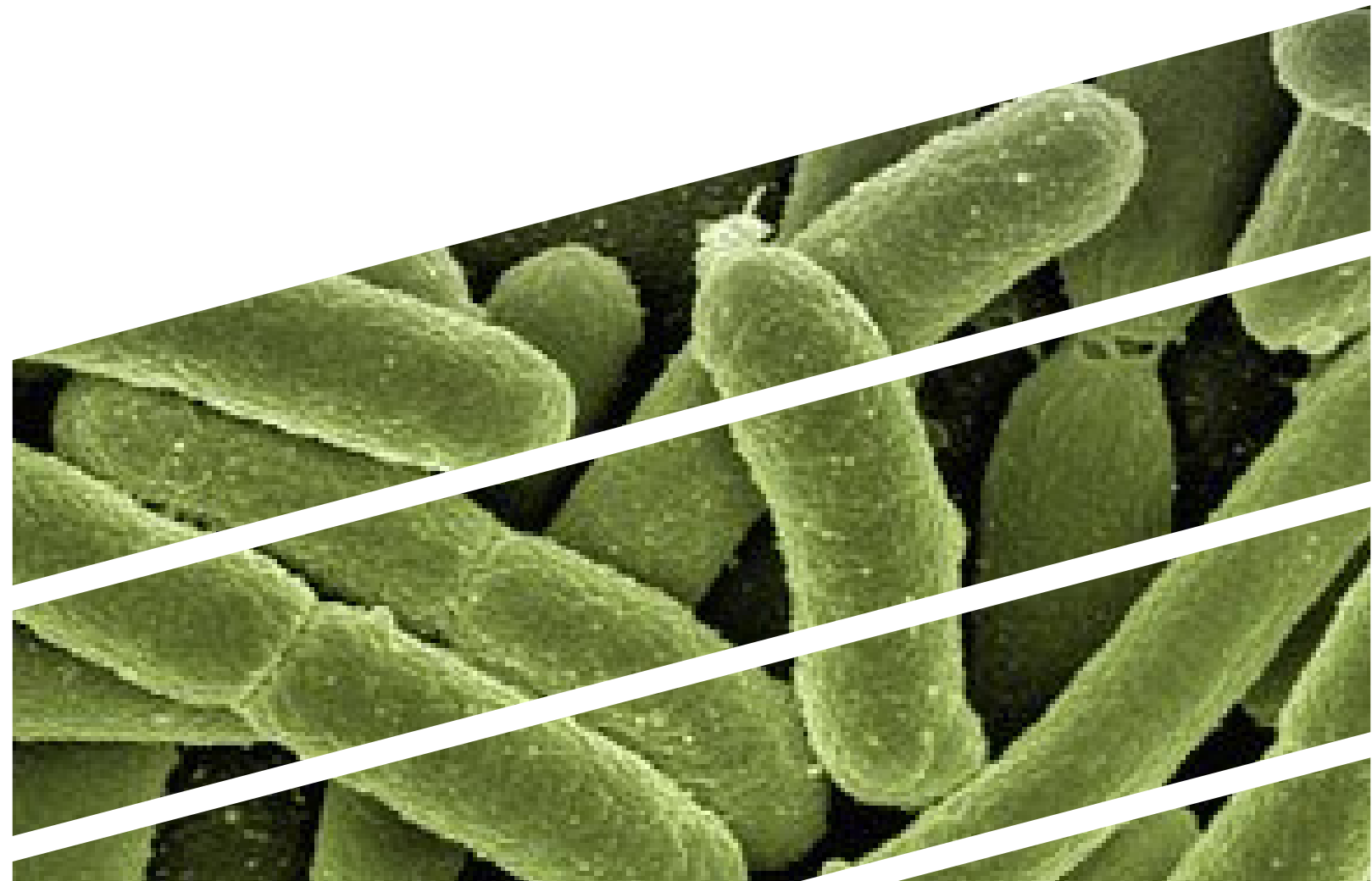
IMMUNE SYSTEM

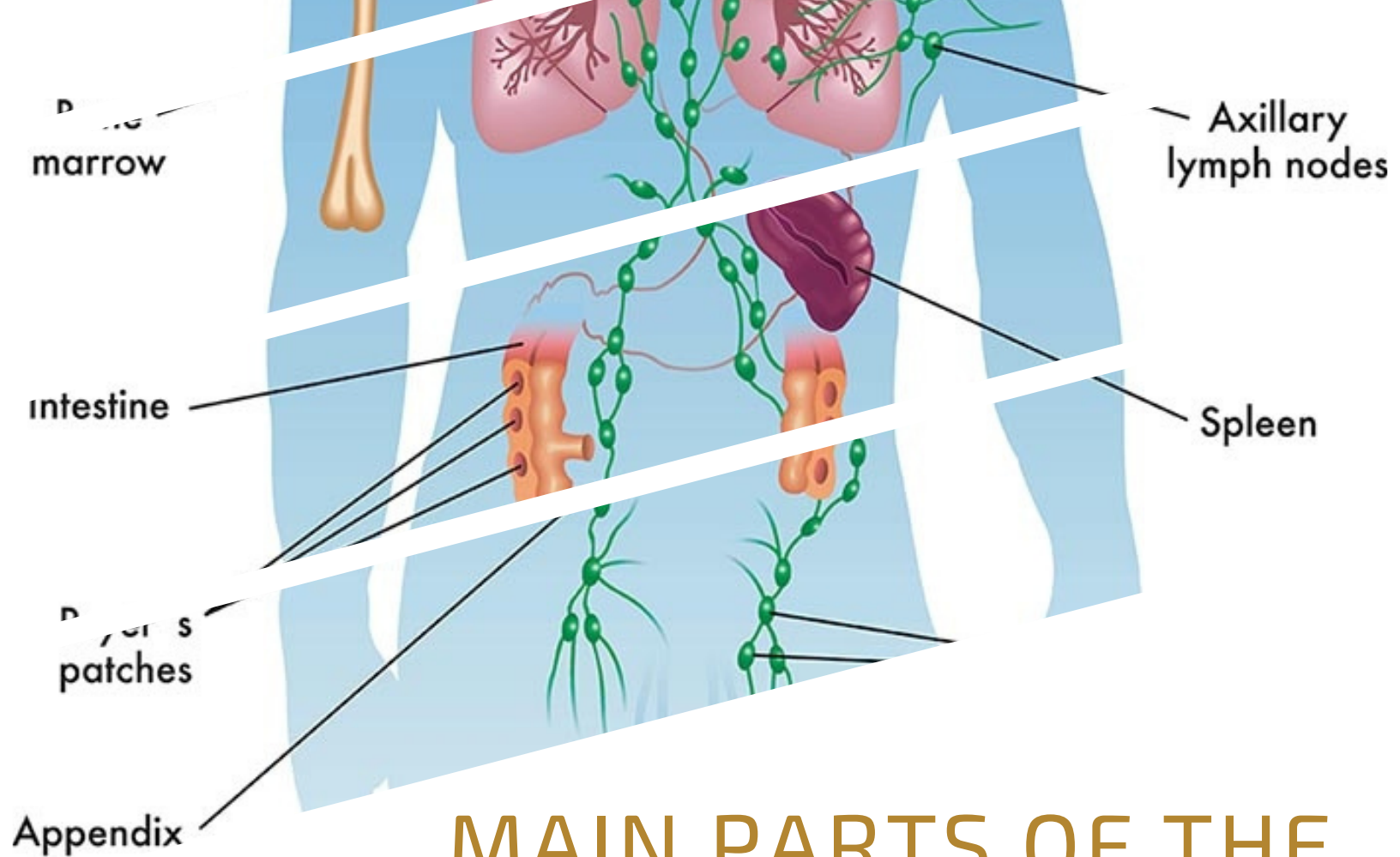
HOW TO BOOST YOUR IMMUNE
SYSTEM NATURALLY

WHAT IS OUR IMMUNE SYSTEM

The immune system is a complex network of cells and proteins that defend the body against infection.

The immune system keeps a record of every virus, bacteria it has ever defeated, so it can recognize and destroy the microbe quickly if it enters the body again.





MAIN PARTS OF THE IMMUNE SYSTEM

WHITE BLOOD CELLS

ANTIBODIES

COMPLEMENT SYSTEM

LYMPHATIC SYSTEM

THYMUS

BONE MARROW

SPLEEN

SIGNS OF A WEAK IMMUNE SYSTEM

You May experience:

Autoimmune disorders

Inflammation of the internal organs

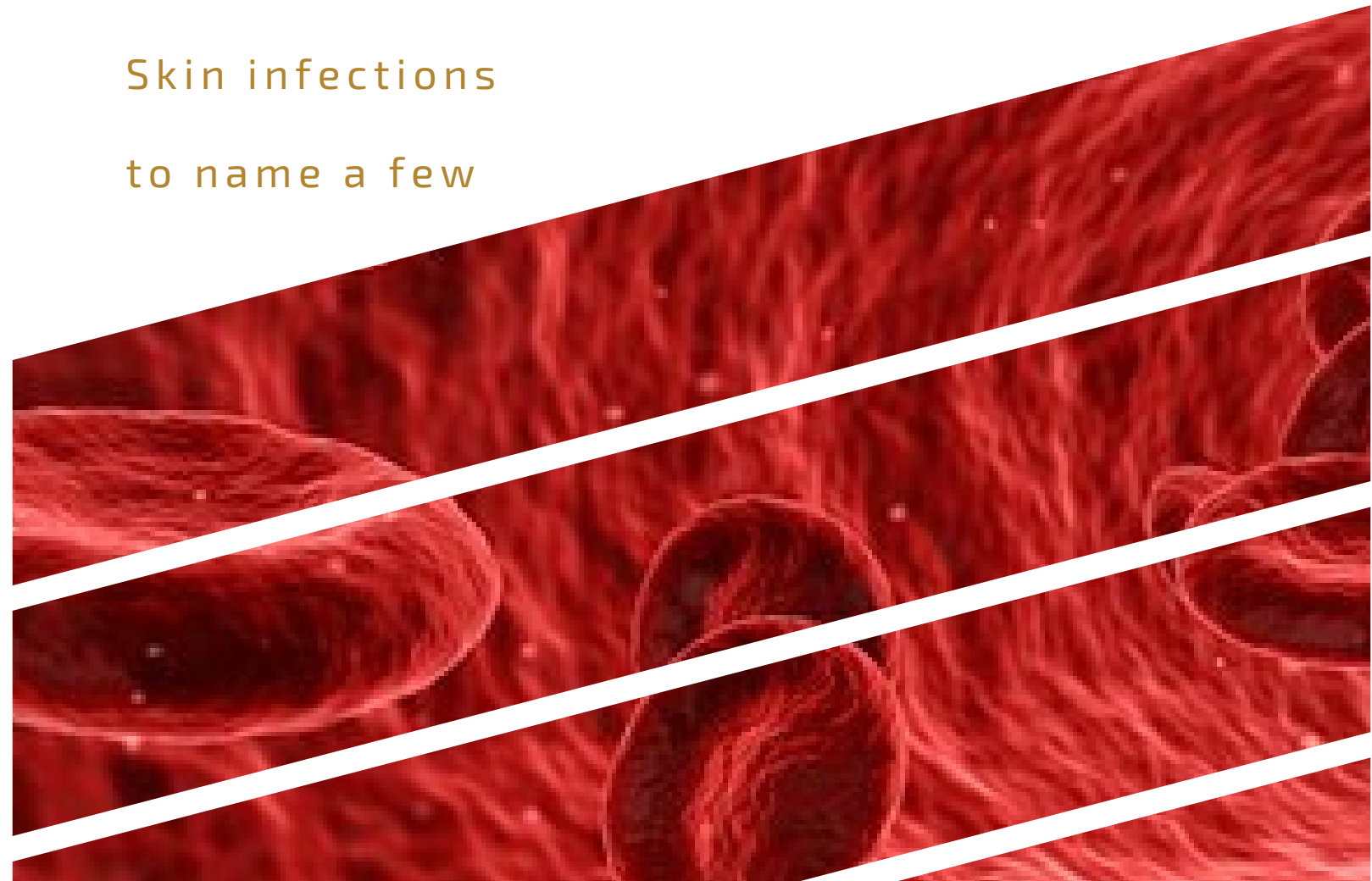
Blood disorders or abnormalities, such as anemia


Digestive issues

Cancer

Skin infections

to name a few





EASY WAYS TO STAY HEALTHY AND BOOST YOUR IMMUNE SYSTEM

Practice good hygiene

Avoid people who are sick

Disinfect household objects

Manage or remove stress

Get enough sleep

Eat a healthy diet

Exercise regularly

Consider taking supplements

Don't smoke

Drink alcohol only in
moderation

WHAT YOU CAN DO TODAY

The first thing you should do is make an appointment to go to your doctor for a physical and get your results.

Before we can change anything, we need to start at the beginning.

You should know your blood pressure, your pulse, and your oxygen levels. Confirm that you are healthy enough to start a healthy diet and exercise with your doctor.





SUPPLEMENTS YOU CAN TAKE TO BOOST YOUR IMMUNE SYSTEM

LIQUID ZINC

LIQUID VITAMIN B12

VITAMIN D

VITAMIN C

REFERENCES

Immune system hacks by Matt Farr

Medical Medium by Anthony William

Elegant Defense by Matt Richtel

Boost your immune system by Publications
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