



# Daily Habits to Boost Immunity↑



Practice Good Hygiene



Exercise Regularly



Get Enough Sleep



Eat a Balanced Diet



Maintain Healthy Core Temperature



## HEALTH TIP!

Maintain Healthy Core Temperature close to the optimal 98.6°F can increase the body's natural healing ability and help maintain physical and mental health. Even a drop of 1.8°F can weaken the body by 35 percent. Cold food and excessive air conditioning can decrease blood and energy circulation and weaken the immune system. Indoor temperature of 75-78°F is ideal!

## ABC Juice

Apple, Beet, Carrot Juice

Detoxifies vital organs and protects the heart from various diseases

### Ingredients

½ Beet Root, 1 Carrot, 1 Gala Apple, 1 knob of Ginger

## Green Juice

Powerhouse of nutrients and antioxidants for strong immune system

### Ingredients

4 cups Spinach or Kale, 1 Lemon, 4 stalks Celery, 1 Bartlett Pear, 1 Granny Smith Apple

## Vitamin Booster

Carrot, Orange, Ginger Juice

Rich in Vitamin A,C and other nutrients that fight inflammation and promote skin health.

### Ingredients

4 Carrots, 2 Oranges, 1 knob of Ginger, 1 Lemon

