

LIPOLIGHT
FAT LOSS

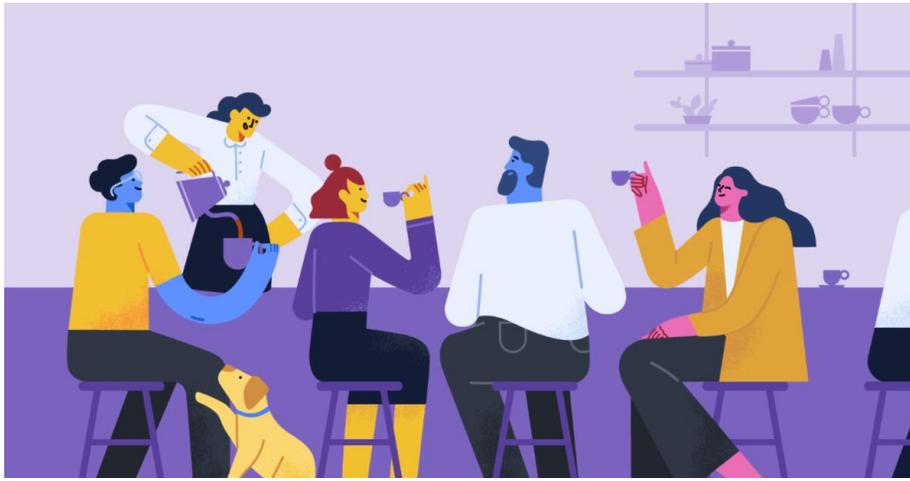
My heartiest greetings to you and your family along with hopes and wishes that you are faring well in spite of the pandemic.

In the midst of my continuous research in the healthy living arena, I recently came up with 20 things we can all do to boost our immune system – something of interest now more than ever! I hope you'll find the information useful.

1. Drink clean water, 8-10 glasses per day. Hydration helps regulate your body's temperature as well as helping eradicate toxic substances in the body.
2. Eat a Rainbow. Vegetables and fruit come in 5 different colors: red, purple, orange/red, green/blue and white/brown. Each color carries its own disease-fighting chemicals called phytochemicals. To boost your immune system, eat a variety of colors daily.
3. Include ginger, turmeric, and garlic in your diet. Ginger and turmeric have immune-boosting properties. Garlic is a natural antibiotic.
4. Get plenty of sunlight. The vitamin D you'll get from the sun boosts your immune system - plus the sun will give you a lift.
5. Regularly exercise at least 30 minutes a day, 5 days a week to increase the numbers of white blood cells. Their function is to rid the body of foreign substances threatening our health.
6. Get enough sleep - at least 6-9 hours a day. While you are sleeping, the body will repair its organs and boost the immune system.
7. Laugh – a lot! Scores of studies from John Hopkins, UCLA, and other renowned institutions have shown happiness to be an impressive enhancer to the immune system.
8. Add B vitamins, especially B-1. It's a good stress reliever.

9. Avoid negative emotions, especially fear and anger.
10. Go out of your way to create pleasure. Take walks, admire nature, smell the flowers and newly cut grass. Listen to music you love. Dance! Happy people have been proven to have stronger immune systems in general.
11. Find your purpose. Research shows over and over that those pursuing a purpose are happier and have a deeper sense of overall satisfaction than those who do not.
12. Stay connected to your spiritual source. Whether it be prayer, meditation, nature, scripture or otherwise, reaffirming your spirituality creates peace and relieves stress.
13. Avoid eating sugar and too many carbs. They blunt the immune system's ability to effectively attack the bad guys – it's like taking away some of the immune system's ammunition.
14. Don't drink much alcohol. Drinking too much reduces both the number and the function of three kinds of cells important to your immune system: macrophages, T and C cells. Macrophages are the first line of defense against disease. Just as you feel impaired with too much alcohol, your immune system is likewise impaired, leaving it disabled in the fight against the bad guys.
15. Don't smoke. We all know why.
16. Supplements: Vitamin D, Vitamin C, B vitamins as mentioned, Zinc, Probiotics.
17. Herbs: Elderberry, Ginseng, Echinacea, Eucalyptus.
18. Essential Oils: Thieves, myrrh, oregano.
19. Follow the government's health guidelines related to the Corona Virus.
20. It's worth repeating: Laugh. Find fun. Create happiness to be healthier!

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