

# BUILDING YOUR IMMUNITY SYSTEM

**While serving others we need to take care of ourselves!**

- **Drink 64 oz of water daily or half your body weight, adding lemons hydrate the body and replenish electrolytes**
- **Exercise - breathe deeply - walk, do stairs in your home or exercise daily**
- **Rest - 7 to 8 hours sleep**
- **Vitamin C - citrus fruit or supplements**
- **Zinc - feeds the immune system - supplements or legumes like chickpeas, lentils and beans as well as meat**
- **Eat from the produce aisle - even potatoes have a tremendous impact on our overall health**
- **Radishes are an antiviral food, as well as artichokes and garlic**

