

8 Ways to Strengthen Your Immune System

1. Keep your mind and body connected through regular adjustments.
2. Decrease stress with prayer, meditation, and stress relieving techniques after an adjustment with the Lifeline/QT.
3. Dedicate 6-8 hours every night to good sleep.
4. Eliminate sugars at the first sign of any symptoms.
5. Eat a balanced diet with plenty of fruits/vegetables/protein.
6. Drink at least 2 quarts of quality water daily.
7. Eliminate/decrease toxin load by a gentle detox/infrared sauna.
8. Utilize supplements when needed as preventative and if symptoms arrive. Colloidal Silver, Vitamin D3, Colostrum, Immuniplex, Congaplex, Trace Minerals. Find out if one of these would be beneficial for your body.

KEEP YOURSELF AND YOUR FAMILY HEALTHY!

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