

How do you grow strong and beautiful like this
tree of life?



REAL  **ORGANIC TRUTH**

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Keeping your Immune System strong

Sunshine is the best source of Vitamin D and Vitamin D is essential for health. (Check website for how to check your levels.) Supplement with Vitamin D3 pills or cod liver oil.

Avoid processed foods and sugar which deplete the body of essential nutrients. Some processed foods contain glutamate (MSG/Natural flavoring) which is toxic to the brain. Yeast, bacteria and viruses love sugar and will thrive in that environment.

Eat whole foods daily including organic vegetables, fruits, nuts and seeds. Eat pasture-raised eggs and grass-fed meats. Smoothies filled with ginger, fresh greens, olive leaf extract will keep your immune system strong. **Eat fermented foods like home-made yogurt, kefir, and sauerkraut** to increase beneficial bacteria, or take a probiotic daily.

Consume healthy fats and oils including organic butter, olive and coconut oil, ghee, organic healthy animal fats such as lard, chicken, duck/goose fat and tallow.

Our bodies heal and recover while we are sleeping, so aim for 8 hours/night.

Drink about ½ your body weight in ounces a day of properly filtered or alkaline water free of fluoride and other toxic chemicals.

Decrease stress by practicing yoga, taking frequent walks, having quiet time/contemplation away from technology for 20 minutes per day

Nerves make your organs and your immune system work. Chiropractic frees up the interference to nerve flow **and** improves your immune system function by increasing white blood cells.

Go to **REALORGANICTRUTH**.com for references.

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