

# Ultiself Immunity Routine

Protect and enhance your defense system. After all, it's one of the most important in maintaining your health and preventing disease.



**Zinc** - If you don't consume enough Zinc, your immune system is weakened and you can get sick more easily.

**ACTION** - Consume zinc daily as a supplement or in foods such as seafood and nuts.



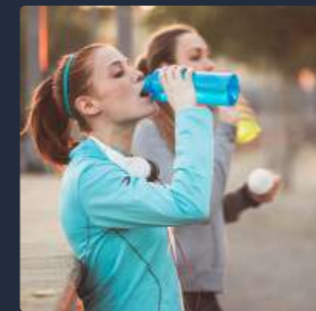
**Elderberry Syrup** - It increases inflammatory cytokines, which makes your immune system work more effectively.

**ACTION** - Drink tea with elderberry syrup regularly to strengthen your immune system.



**Wash Hands** - This improves your immune system indirectly by destroying the membranes of viruses and bacteria on your hands.

**ACTION** - Wash your hands with soap regularly, especially after going out of your house.



**Hydrate** - Staying hydrated creates cellular balance and regulates your body temperature.

**ACTION** - Drink 2-3 liters of water throughout the day.



**Vitamin C** - Vitamin C improves the functioning of cells that attack bacteria or viruses that can damage your body.

**ACTION** - Consume foods such as citrus fruits, melon, and strawberries daily.



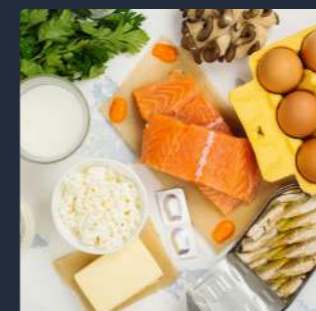
**Echinacea** - Echinacea is an immunostimulant, increasing the immune system's ability to fight infection.

**ACTION** - Drink echinacea infusion three times a day when you have a cold to relieve symptoms.



**Sunlight** - By sunbathing, you get vitamin D and decrease the risk of autoimmune diseases.

**ACTION** - Get at least 20 minutes of sunlight every day, ideally in the morning.



**Vitamin D** - This vitamin helps generate proteins that fight microbes, and prevents respiratory infections.

**ACTION** - Take a supplement or make sure you eat salmon, tuna, egg yolks.



**Probiotic** - Probiotics add healthy gut bacteria and properly fight what could harm you and cause disease.

**ACTION** - Make sure to add yogurt, kefir, sauerkraut, or probiotic supplements to your diet.