



DAILY LIFESTYLE TIPS TO BOOST

Your Immunity



SALINE GARGLING —

- Gargle with warm saline water in the morning and bedtime.
- Mix 1 cup of lukewarm water with 1 tbsp of table salt.
- Gargle 4 times holding the water for 10-15 seconds each.

STEAM INHALATION —

- ❧ Boil water and carefully pour in a bowl or vaporiser.
- ❧ Drape a thick towel over the back of your head.
- ❧ Lower your head until you are 8-12 inches away from the water. Inhale slowly and deeply through your nose for 2-5 minutes.

DETOX DRINK —

- Add fresh juice of half lime with 200 ml warm water and 1 tablespoon honey.
- Drink one glass of the detox drink on an empty stomach.

SUNBATHING —

- ☞ Bask in the early morning sun for 10-15 mins.
- ☞ It elevates mood by boosting the serotonin levels.
- ☞ It improves sleep as you produce more melatonin at night.
- ☞ It helps strengthen bones by increasing the levels of Vitamin-D in your body.