

BOOSTING IMMUNITY AT HOME DURING COVID-19 CRISIS

HOME-MADE DRINKS



Lemonade

Blood purifier, detox, balances pH



Turmeric Milk

Pain relief, treating cough and digestive aid



Ginger-Lemon Tea

Fights flu, cough and cold



Coconut Water

Refreshes and rehydrates the body



Natural energizers that boost immunity and refresh the body!

IMMUNITY BOOSTING FOODS



Spices

Use cumin, clove, coriander, turmeric, ginger and garlic during cooking



Fresh Fruits

Gooseberry (amla), citrus fruits (orange, lemon, mosambi etc)



Seasonal vegetables

Pumpkin, tomato, radish, carrot, bitter guard, brinjal, bottle gourd, bean, cauli flower, etc



Curd

Rich in immunity boosting good bacteria

Hold immense disease fighting power!

PHYSICAL ACTIVITIES



Yoga

Practice Yogasana and Pranayama for 30 minutes daily



Meditation

Improves immunity and reduces anxiety



Exercises

Skipping rope, dancing, push ups, and squats



Improve immunity, burn calories, reduce stress and the risk of NCDs!