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!