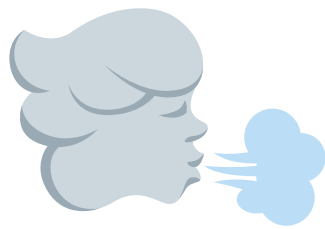


Dr. Sally's Guide To Building Your Immune System

Keep Your Immunity Working At Its Best!



BREATHING

Enjoy how to get immunity protection from it all the time.

Your breath is your life.

MOVEMENT

Move every hour to increase blood flow.

You can create your favorite ways to keep moving instead of sitting for too long.



FOOD

Plan ahead to eat at regular times.

Here is a great guide -- eat **protein, fruits, vegetables, and whole grains.**

SLEEP

Make time for the best part of the day -- to rest, relax, and repair.

There are wonderful ways to get to sleep, stay asleep, and wake up refreshed --- all in the most natural ways!



Want to learn about health, wellness, and parenting?

DISCOVER MORE AT WWW.EARLYCHILDHOODNEWS.NET

**Sign up for Dr. Sally's classes at www.fl.az.gov
or via email at bbouk@fh.az.gov**

Dr. Sally Goldberg, Ph.D. is a parenting specialist, author, and educator. All content is for educational purposes only and should not be substituted for professional medical advice.