

How to Strengthen Your Immune System and STOP Getting Sick

Reduce/Eliminate STRESS: believe it or not, all stress is self-created, the direct result of our reaction to a challenging situation or circumstance. Nothing more than a strong negative emotion, stress can wreak havoc on your body's energy, endocrine and nervous systems. Learn EFT and use it to remove stress and improve your body's energy system.

Don't WORRY: if something bothers or concerns you, take action to change it. If it is out of your control, realize that your only recourse is to ignore it.

Drink more pure WATER: the average man needs 3 liters (13 coffee cups) of beverages per day; the average woman needs 2.2 liters (about 9 cups). When you become thirsty, you are already way behind, so start drinking!

WASH HANDS frequently: most people touch hundreds of germ-laden surfaces every day, and then touch their mouths, eyes and nose.

STOP touching your mouth, nose and eyes, unless your hands are CLEAN.

BREATHE fresh air regularly while walking 2-3 miles throughout the day. Learn to breathe deeply, while expressing gratitude for life, blessings, and good health.

Eliminate TOXINS in your environment: replace household cleaners, medications and personal hygiene products with safe, natural, environmentally safe products. Melaleuca is a wonderful source for all of these products.

Improve NUTRITION: eat better by increasing fruits and vegetables and eliminating sugars and chemicals. Increase fiber in your diet (you need 28 grams per day). Take high quality vitamins, minerals, anti-oxidants, omega 3 fish oil and probiotics. Again, Melaleuca is a wonderful source for all of these.