



World Council  
**For Health**

Helpful Tips To

# Strengthen Your Immune System

From the World Council for Health

Eat a balanced diet! Limit processed foods and refined sugars



Get outside! Sunlight enables the production of vitamin D



Relax! Chronic stress can lead to increased inflammation



Move your body! Regular exercise is essential for a healthy immune system



Rest up! Sleep has a significant influence on immune function



Learn more at [worldcouncilforhealth.org/resources/optimize-natural-immunity](https://worldcouncilforhealth.org/resources/optimize-natural-immunity)