

## 5 Tips To Boost Your Immune System And Help Your Body To Recover Faster In These Difficult Times



In difficult times like this, with the coronavirus officially becoming a global pandemic, we need to take personal measures to keep our health in shape.

In these days, many people do an amazing job to keep our society still going. We send our warmest thanks to everybody in the public health sector, transportation, military defence, police, emergency services, store employees, warehouse personnel, finance, politicians and ALL others who work day and night and are invaluable in today's situation.

We encourage you to do your best to protect yourself and your loved ones from becoming sick. So how should we try to prevent getting sick and how can we boost our immune system in these times?

By following your government's health recommendations, you have the best chance to side-step viruses and colds... Below, we have listed 5 general tips to boost your immune system. Taking these measures can help you avoid sickness or reduce your symptoms.

### 1) Practice good hygiene

Simply wash your hands at least for 20 seconds with soap and warm water as often as possible. It's a timeless advice to help prevent sickness, given that most cold viruses are spread by direct contact. You probably do this already, but it's important to cover the basics first.

### 2) Prioritize exercise if you are well

While cooler months can keep you inside, make an effort to exercise regularly **if you do not show any symptoms**. Heart-pounding, aerobic movement helps increase your body's natural virus-killing cells. With every sweat session, you're building the strength which helps prevent getting sick. If you're one of those people who can't afford to get sick, move that body. But in case you are at risk because of serious health challenges, we strongly advise that you take it easy and focus on normal walks, if this is currently possible in your country.

### 3) Eat a balanced diet

In times when we focus on life at home and avoid any unnecessary social activity, we advise you to make the best effort to fill your fridge with healthy foods. Grab nutrient-rich foods, including vegetables, fruits, whole-grain products, and lean proteins. Good fats and complex carbs help to keep your immune system in top shape.

**Put these foods on your shopping list:**

- Dark, leafy greens
- Avocados
- Legumes
- Salmon
- Eggs
- Rice
- Starchy vegetables

#### 4) De-stress, naturally

Explore different ways to reduce stress without straining your body. When you relax, your immune system gets stronger – so proper sleep is essential to keeping your immune system function at its best. Try to focus on a power nap if this is possible, meditation, journaling, reading, listening to music, going for a walk, stretching on a yoga mat, visualization exercises, cooking, having no-screen time or experimenting with a new hobby at home.

In case you have difficulty relaxing or sleeping, try Viva+, an all-natural dietary supplement designed to relieve stress, improve mood and increase feelings of well-being. It supports healthy nervous system and brain function, contributing to the reduction of tiredness and fatigue. Viva+ is a combination of affron®, a standardized and patented extract of pure premium quality saffron stigmas (*Crocus sativus L*) from Spain, five B-vitamins, iodine and vitamin C.

#### 5) Support your diet with a natural food supplement which boosts your immune system

Even if you're eating well, you might be missing essential nutrients. Xtend+ is our most advanced immune and nutritional supplement you can take. It is a vegan, all-natural advanced immune and nutritional supplement created to support your innate immune system. It contains micro- and phytonutrients, including 22 essential vitamins and minerals, as well as purified 1-3, 1-6 beta glucans derived from baker's yeast.

With these 5 tips, we believe you can do your best to protect yourself and those dearest to you to preserve your and their health, too. Also, you will boost your immune system, which can help your body in a difficult period like this to recover faster.

Learn more about these products



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