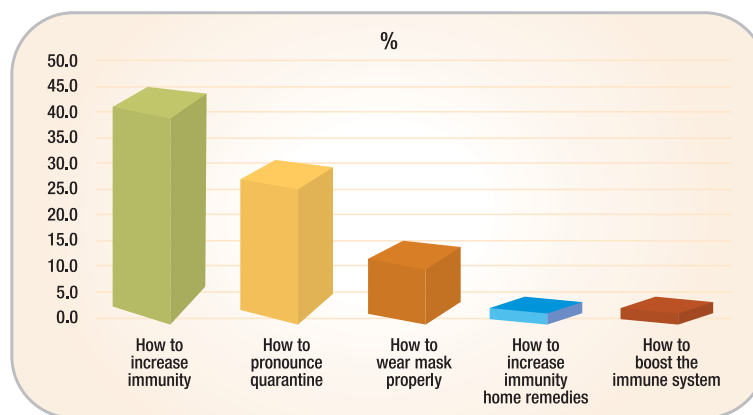


MY IMMUNITY GUIDE



Do you know in this Pandemic Situation, Which are the Most Frequently searched Questions, on Google?

According to a study conducted by SEMrush, The five most frequently asked "how to" questions, currently, are :



Dear Reader,

This COVID-19 situation has left all of us worrying on health issues.

Day after day, the number of cases are increasing.
Following our daily routine has become very difficult.
Certain Questions repeatedly come to our mind, such as,

"What Precaution can I take in order to be safe ?"

"Am I doing enough to remain safe?"

We all know that "Prevention is Better than Cure".

While there is no clear-cut medicines for COVID-19 as of now, enhancing the body's natural defense system (immunity) is the Primary step that we can take for maintaining optimum health.

So presenting to you, '**MY IMMUNITY GUIDE**',
which will answer some of your basic questions on Immunity.

BASICS OF IMMUNITY



What is Immunity?

Immunity is the ability of the body to defend itself from 'foreign bodies' such as 'micro-organisms'.

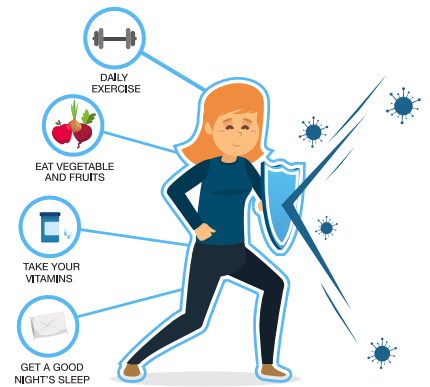
How does the immune system work?

The immune system is one of the most complex body systems, made up of special organs and cells that fight infections by micro-organisms. The main parts of the immune system are: white blood cells, antibodies, the complement system, the lymphatic system, the spleen, the thymus, and the bone marrow.

Why is it Important to Maintain Healthy Immune system in this Pandemic Situation ?

Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health.

We all know that prevention is better than cure. Since there are no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.



Tips to Maintain Healthy Immune System



Keep your weight healthy



Get at least 30 minutes of exercise most days of the week



Eat wholegrains, fruits, vegetables and beans



Limit fast foods



Limit sugar sweetened drinks



Limit alcohol consumption



Don't smoke



Get enough sleep



Wash your hands



Ask your Doctor and take supplements (such as, Vitamins - C and D, Minerals like Zinc) that will help to maintain a healthy Immune system.

Source: <https://www.mohfw.gov.in/pdf/ImmunityBoostingAYUSHAdvisory.pdf> • <https://symptoms.webmd.com/cold-flu-map/keep-immune-system-healthy>
https://www.clevelandclinicmeded.com/specialties/documents/RJF_Booklet_38singlepages.pdf



A special Public Awareness initiative by -
NOVELTY HealthShine
 Advancing Steps for Shining Health

Makers of
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 Natural Immune Boosters

SOLYA™ D3
 The Smarter D3 with ThinOral Technology

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