

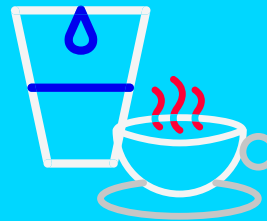
# HOW TO GET BETTER - IF YOU ARE SICK

(In order of importance)

1

## DRINK LOTS OF FLUIDS

You should be drinking at least 2L of fluids each day. Water, herbal teas are all good - add some lemon juice & fresh ginger for an extra boost.



2

## REST AND RECOVER

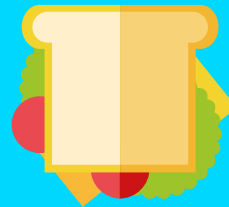
Sleep helps your body better fight infections that cause you to get sick, don't ignore your body.



3

## IF YOU'RE HUNGRY, EAT

Listen to your body, if you are hungry eat something. When you're sick, eating the right foods is more important than ever.



4

## IF YOU'RE NOT HUNGRY, DON'T

You may have lost your appetite - don't despair, it will come back. Keep up your fluids, include a sports drink high in electrolytes.



5

## FOCUS ON IMMUNE BOOSTING FOOD

Certain foods have powerful properties that can support your body while it's fighting an illness. Try a chicken soup, broth, garlic, ginger, honey, coconut water, spicy foods, bananas, avocados, leafy greens, nuts, yoghurt & salmon to name but a few.

6

## TAKE PRE & PROBIOTICS & IMMUNE BOOSTING SUPPLEMENTS

It's also time to boost your immune system and increase your intake of Vitamins C, B6 & E. I urge you to invest in some Bioceticals Armaforce - scientifically formulated to provide relief of symptoms of mild upper respiratory tract infections and decrease the severity and duration of colds.

