

# 21 Ways To Boost The Immune System

(all starting with the letter "S")

## PHYSICAL

Sleep  
Sweat  
Spine  
Smile  
Speak  
Sing  
Senses

## NUTRITIONAL

Sugar  
Sunlight  
Saturate  
Soil  
Sensitivities  
Stool  
Supplements

## EMOTIONAL

Self Worth  
Serve  
Silence  
Stress  
Socialize  
School  
Sabbath