

SEX...

and 21 other “S” words that
boost the Immune System

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