
Fruit Couple 3 Cheat

SUPPORT IMMUNE FUNCTION

HANDY REFERENCE TOOL

SUPPLEMENTS

Vitamin C with Bioflavonoids
Omega 3 Fatty Acids
Magnesium
B6 (B Complex Vitamins)
Vitamin D
Vitamin E
Immune Formula Supplements -
- "Immunity" (by Douglas Labs)
- "ImmuCore" (by Metagenics)
Oscillocoquinum (homeopathic
flu remedy) - Brand: Boiron
Throat Spray (Brand: St. Francis)
Zinc and Selenium

FOODS

Bone Broth
Chicken Soup
Fermented Foods
Loads of organic fruits &
Veggies
Green Juices & Smoothies
Fresh Herbs: Sprinkle on
prepared foods and add to
cooking
Mushrooms
Garlic
Citrus Fruits
Beets

TEAS & ELIXIRS

Echinacea Tea
Elderberry Tea
Lemon & Honey (Raw)
**Turmeric Elixir* (See
Recipe at
www.glendabritton.com)**

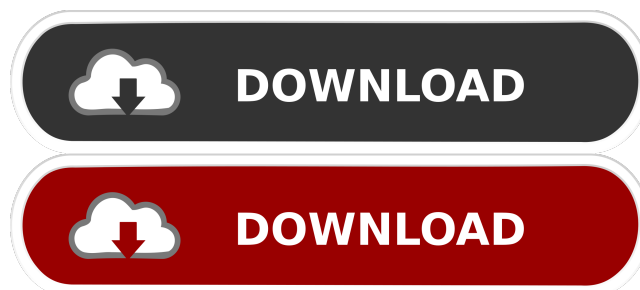
OTHER

Get Extra Sleep
Drink plenty of clear fluids
Small quantities of cooked food
Manage stress
Avoid processed nutrient-
deficient food
Avoid Sugar
Avoid Alcohol
Get Fresh Air
Hand Sanitizer: Pure essential
oil: Clove, Cinnamon, Lavender
with water, Couple drops of tea
tree oil in coconut oil



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