

In-Store at Loch Logan, Waterfront, Bloemfontein



Online at www.emagenes.co.za



via WhatsApp 076 999 0177

How it works: 1) Please WhatsApp us your order.










2) We will send you a invoice. 3) You pay via EFT.

4) We send your parcel via Courier Guy or Postnet.

The immune system works when the body is properly cared for. This means getting all the right nutrients and providing the right environment. Also, when stress, toxins, pollutants and chemicals are minimised.

The immune system knows what naturally occurs in the body. It neutralises or destroys harmful foreign material. When your immune system is strong you need to maintain it all year round with a healthy lifestyle and nutritious foods.

Suggestions

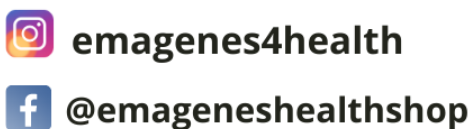
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Vitamin C improves the health of your immune system by providing anti-inflammatory and antioxidant properties. The best vitamin C foods are fruits like oranges, pineapples, lemons, grapefruit and guavas.
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Vitamin D also supports the health of our immune system and regulates insulin levels. Getting sun exposure anywhere from 5 to 15 minutes per day, 2 – 3 times a week on your arms and face are enough to boost your vitamin D intake. Vitamin D can also be obtained by eating certain foods. The best food sources are fish oil and fatty fish like salmon and cod liver oil.
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Zinc keeps the immune system strong, helps to heal wounds and fight infections.
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Probiotics (for your microbiome) are good bacteria that help you digest nutrients that boost the detoxification of your colon and support your immune system. Consume probiotic foods like, Kefir, Sauerkraut, Kimchi and Kombucha.
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Exercise: physical activity is extremely important to strengthen your immune system. Exercise keeps the lymphatic system moving and boosts the health of the microbiome.
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PROPER sleep: when we are deprived from proper sleep our immune system does not function properly. It is advised to get at least 7 hour of sleep per night. **THE BODY HEALS WHEN WE SLEEP.**
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Limit alcohol consumption. Too much alcohol can certainly impact your immune function. Alcohol negatively impacts your gut health. It decreases immune function and makes you more susceptible to harmful pathogens.
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Limit sugar consumption: Sugar causes nutrient imbalance and deficiencies in your body; it increases the risk of disease and sickness and so impacts your immune system negatively. **Sugar feeds candida and cancer and increases inflammation.**
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Your body's **pH balance**, also referred to as its acid-base balance, is the level of acids and bases in your blood at which your body functions best. The human body is built to naturally maintain a healthy balance of acidity and alkalinity. Excess sugar raises the acidity, a high acidity level can have a negative effect on all systems.

When you are ill and your immunity is weak, you need to add herbs and supplements like:

- 🌿 **Oregano oil** has wide-reaching health benefits; it is known for helping to prevent and treat infections such as urinary tract infections respiratory infections, yeast infections, parasitic and viral infections and Candida and it is great in boosting the immune system.
- 🌿 **Ginger** is believed to help break down the accumulation of toxins in our organs due to its warming effects. It's also known to cleanse the lymphatic system, and organs that help rid the body of toxins. It boosts the immune system and treats inflammatory disorders that cause infectious agents such as viruses, bacteria and parasites.
- 🌿 **Bone broth** supports the immune function by promoting the health of your gut and reducing Inflammation.
- 🌿 **Colloidal Silver** supports the body to resist and overcome bacterial, viral and fungal infections.
- 🌿 **Bioworx Umkhonto:** Active Ingredients: B. laterosporus; Vitamin A; Vitamin B6; Vitamin C [Ascorbic acid]; Vitamin D3 1000iu; Vitamin E [d-alpha-Tocopheryl Acetate]; Vitamin B9 [Folic acid]; Selenium AAC 0.2% & Zink lactate 22%.
- 🌿 **DNA Gravi C:** Ingredients: Amla, Graviola, Piperine, Sutherlandia, Magnolia Bark, Curcumin, and Milk Thistle.
- 🌿 **PHR Immune Power:** contains Echinacea – boosts immunity, kills bacteria. Astragalus – boosts immunity, aids digestion, combats fatigue. Olive leaf – anti-viral, anti-bacterial, anti-parasitic, boosts immunity.

Once your immune system is strong, you can cease using all the boosting meds and just maintain it once again with nutrition and good lifestyle habits.

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Please note: This information is to arouse intrest and awareness. Do your own research and empower yourself.