

# HOW IMMUNE SYSTEM BE STRENGTHENED



Make yoga a part of your daily routine



Anulom-Vilom and Kapalbharti contribute to lung development



Do pranayama 10-15 times a day



A combination of garlic, ginger and pepper has very strong antiviral properties. Take this honey mixture every day



Take one sip of lukewarm water every 15 minutes



Eat healthy food



Get adequate sleep