



The
PTI BUZZ
Carol Kur, MSRD

Boost your immune system in time for winter.

- Lemon-Vitamin C helps neutralize our body
- Apple Cider Vinegar-rich in 8 immune boosting Vitamins.
- Yogurt-contains beneficial bacteria
- Turmeric- assists in generating more immune cells
- Garlic-contains sulfuric compounds which help prevent illness
- Oregano-high in antioxidants, and saturated with phenolic acids and flavonoids
- Green Tea-EGCG in green tea prevents a virus from being able to replicate and multiply
- Pumpkin- contains Beta carotene, the main component of vitamin A
- Broccoli-contains vitamins A, C, E & anti-cancer agents

Walking during your lunch break can help you burn up to 150 calories!!!!

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