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Here it is
our GIFT for you
as mentioned in
the webinar 😊

simina@kidsofthenature.com

www.kidsofthenature.com

7 Ways to Naturally Boost Your Immunity *

PhD Lindsey Elmore states there are 7 general rules to be followed in order to boost immune system:

1. **Get adequate sleep**
2. Manage stress
3. **Wash your hands frequently**
4. Keep your gut healthy
5. **Get regular exercise**
6. Watch your diet
7. **Add some supplements (see the next slide)**

* <https://lindseyelmore.com>



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5 recipes/ ideas to balance the immune system for the entire family



Bees' cocktail for children

(1 tea spoon 3 times a day)

- 500 g raw honey (RO: *miere de mană*)
- 100 g bee bread (RO: *păstură*)
- 100 g raw bee pollen (RO: *polen crud*)
- 10 g mother bee milk (RO: *lăptisor de matcă*)
- 2 drops aqueous propolis extract/ 1 kg body (RO: *2 pic extrac apos de propolis/ 1 kg corp*)
- 20 drops lemon essential oil

Include these superfoods in your daily diet:

- Garlic
- Ginger
- Goji berries
- Matcha
- Chia Seeds
- Kale
- Blueberries

WOW cocktail for children

(1 tea spoon 2 times a day)

- 500 g raw honey
- 40 drops of balsam fir essential oil
- 20 drops of lavender essential oil
- 10 drops pf lemon essential oil

!!! **Both cocktails:** WOW and Bees can be used by adults. Just increase the number of spoons you are taking

Start each day with:

- Soles (RO: *talpă*) massage with 1 drop Thieves essential oils for each sole
- 1 glass of water with 2 drops lemon essential oil
- 1 tea spoon of bee raw pollen mixed with 1 tea spoon of honey

End each day with:

Soles (RO: *talpă*) massage with 1 drop Thieves essential oils for each sole

Smoothies recipe for morning for 2 adults and one kid

- One hand of green leaves (parsley, spinach, etc)
- One hand of seeds/nuts
- One spoon of raw bee pollen
- Honey if needed
- 500 g of one type of raw fruit
- One tea spoon of these superfoods: spirulina, chlorella, baobab, grass green, aloe vera)
- 10 drops of citrus essential oil (lemon, orange, tangerine, citrus fresh, grapefruit, etc)
- Water

*** everyday you are choosing another type of green leaves, seeds/ nuts, fruit, superfood, citrus essential oil

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To be NOTED

- These statements have not been evaluated by the FDA or any medical organization.
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