

# Tips For Building Immunity & Staying Healthy

## Recipes for Immunity



### Immunity-Boosting & Skin Nourishment Juice

#### Ingredients

1. Amla (Indian Gooseberry) - 1
  2. Apple - 1
  3. Tomatoes - 2
  4. Beetroot - 100 gm
  5. Bottle gourd - 100 gm
  6. Mint - 5 leaves
  7. Ginger - 2 teaspoons (Crushed)
  8. Rock salt - As per your taste
- (Optional - If available) Sea buckthorn powder  
(Himalayan Berry / Leh Berry) - 1 teaspoon

#### Quantity

2 Glasses

#### Method

Put all the ingredients in a blender and blend, sieve and serve with a pinch of rock salt for taste.



## Immunity-Boosting **Decoction**

### **Ingredients**

1. Cinnamon - powdered 2 gm  
(Powder a small cinnamon stick)
2. Ginger - crushed 1 tablespoon
3. Tulsi (Holy Basil) - 5 Leaves
4. Black pepper - 5
5. Jaggery - 2 teaspoons
6. Munnakka - 5 pieces  
(A bigger version of the raisins)

### **Quantity**

3 Glasses

### **Method**

Pour 4 glasses of water in a pan and add the above ingredients (except jaggery), bring it to boil and continue till water changes the colour (which is usually when the volume reduces to 3 glasses). Take it off the cooking stove and add 2 teaspoons of Jaggery.

# Yoga Asanas



## **Baddha Konasana** (Butterfly Pose)

This asana works exclusively well for the lower body. It is one of the best yoga for weight loss at home.



### **Setu Bandhasana** (Bridge Pose)

If you would like to tone your abs and thighs and strengthen your shoulders, then this is the asana that you should be performing.



### **Halasana** (Plow Pose)

The name of this yoga pose is derived from the Sanskrit word 'Hal' which means plough. The plow pose is one of the finishing poses of yoga asana and must form a part of your yoga to lose weight fast.



### **Ardha Matsyendrasana**


(Half Lord Of The Fishes Pose)

This asana aims to increase the capacity of your lungs so that the lungs can hold more oxygen. It helps to stimulate the digestive system and helps to burn fat in your body.



## Few Tips

- It is very important to have diversity in our meals. Eating whole grains keeps you healthy and energetic while the colorful fresh fruits and vegetables are rich in vitamins that boost immunity.
- Include natural herbs like Amla, Tulsi, Ashwagandha, Giloy, Himalayan Berry, Chyawanprash, Turmeric, Cinnamon and Black Pepper every day for good immunity.



# Comprehensive Wellness Plan

A complete plan that will help you lose/gain weight, manage medical issues, improve immunity and increase body's strength and flexibility.



Nutrition Plan from experienced  
**Nutritionists & Doctors**



**Herbal & Organic** Products Personalized  
by Ayurveda Doctors



**Online Yoga Sessions**  
from Trained Yoga Teachers



**Weighing Scale**  
to Track Your Progress



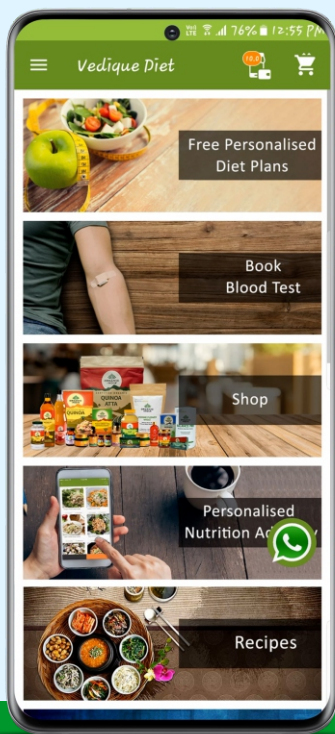
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