

# 13 Noobru Approved habits for a Strong Immune System

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1. **Take high doses of Vitamin C** - drink Noobru Shield 🛡️ - <https://noobru.com/shield>
2. **Take Zinc supplement** - drink Noobru Shield 🛡️ - <https://noobru.com/shield>
3. **Take high doses of Vitamin D** - drink Noobru Shield 🛡️ - <https://noobru.com/shield>
4. **Improve your sleep** - drink Noobru Lucid 🌙🥛 - <https://noobru.com/lucid>
5. **Exercise Regularly** - 🏃
6. **Drink Alcohol in moderation** 🍷⬇️ (if at all)
7. **Drink plenty of water** 💧🥛
8. **Switch your shower to cold** - for at least 30 seconds 🚿
9. **Limit Stress** - reduce it with meditation, yoga, walks, grounding etc. 🧘
10. **Wash your hands regularly** 🧼👏
11. **Include gut-healthy foods** – e.g. Kefir, Sauerkraut, Bone broth, artichokes, pomegranates etc. 🥗🍷
12. **Expose yourself to hot, dry temperatures** - Saunas are great! 🔥
13. **Get outside** – boosts vitamin D and improves gut bacteria ☀️