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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

6 Great Habits To Improve Your Children's Immunity

By Adwina Jackson

It is normal for your little kids to get fever, cough, or cold once in a while. However, don't let the virus and bacteria disrupt their development.

Therefore, boost your kids' immune system by doing these smart habits:

1. Breastfeeding

There's no doubt that breast milk provides the best and complete nutrition for babies ever since they were born. The yellow colostrums, which come out in the early days after the labor, are proved to have antibodies that can protect babies from many illnesses, such as diarrhea and meningitis.

2. Consuming Fruits and Veggies

Fruits and vegetables are great sources of vitamins and minerals, as well as other nutrients to boost your kids' health. Having them in daily menu will prevent your loved ones from infection.

3. Making Hygiene as a Way of Life

Washing their hands with soap is a very good start. Always do it before having meals, after using bathroom, after playing, and after handling their pets.

4. Having Enough Sleep

Lack of sleep can lead to the decline of body's immunity. Taking a nap everyday is a good way to make your children have enough sleep. If they refuse it, put them to bed earlier in the evening.

5. Doing Exercises or Outdoor Activities

Ask them to join you doing exercises or enjoy playing outside together because these activities will increase your kids' endurance. Playing soccer, hiking, and swimming are examples of exciting

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activities you can do with them.

6. Saying No to Tobacco

Smoking is so unhealthy. The smoke is even more damaging. If you or any other adults in the house smoke, better let go that bad habit for the sake of your kids' health.

Simple habits, right? Yet you probably don't recognize how important they are for your kids' fitness. Talk about this with your spouse and both of you can start a new beginning with healthier kids and family.

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.

How To Rid Your Child Of Bacteria And Viruses Overnight

By John Hart

It's a well-known fact that children can be walking petri dishes when it comes to strange pathogens. Kids don't always wash their hands, they share food, and they come to school coughing and sneezing, and this leads to the spread of bacteria and viruses.

But my wife and I have discovered a protective shield that every parent can use to not only protect their children, but to knock out pathogens overnight.

It was recommended to us, and we think it's a miracle, so we're passing it on to you.

It's called Extreme Immunity.

We've been using it on our youngest since he started school four years ago, and whenever he comes home feeling awful, we give him a dose of Extreme Immunity and the next morning, his cheeks are rosy and he's back on the bus.

We've done a lot of research on Extreme Immunity and we believe it is critical product to have on the kitchen table, year 'round. We've interviewed the scientist who invented it, Dr. Eric Weaver, so we want to tell you what's in the product that makes it so amazing.

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First of all, Extreme Immunity is 100% pure immunoglobulin protein isolate powder that you mix in your child's fruit drink or milk. It's not just any protein, this protein is the fundamental basis of your body's immune system, according to Dr. Weaver.

Extreme Immunity doesn't just aid the immune system, it actually contains components of the immune system, and that's why it has such an immediate and effective response on your child's illness.

This pure protein powder consists primarily of immunoglobulins IgG, IgM, IgA, IgE, and IgD, and these five immunoglobulins identify invading antigens such as viruses, bacteria, parasites, fungus, pollens, etc.

Extreme Immunity has given our youngest child a defense shield that works for him 24 hours a day. When other children are out sick, our child is in school. This product was available in tablet form for a couple of years, but frankly, who can swallow a giant tablet when you've got a sore throat.

This flu season promises to be tougher than ever at school and at work. From one parent to another, we urge you to try Extreme Immunity instead of suffering through another sick school year.

Oh, and by the way, Extreme Immunity works on adults, too.

John Hart is the author of "Killer Bird Flu..Get Prepared Now," and his wife is a Master Herbalist. They both believe in using natural products to sustain and heal the body. You can learn more about Extreme Immunity at

<http://www.yourNewHealth.org>



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