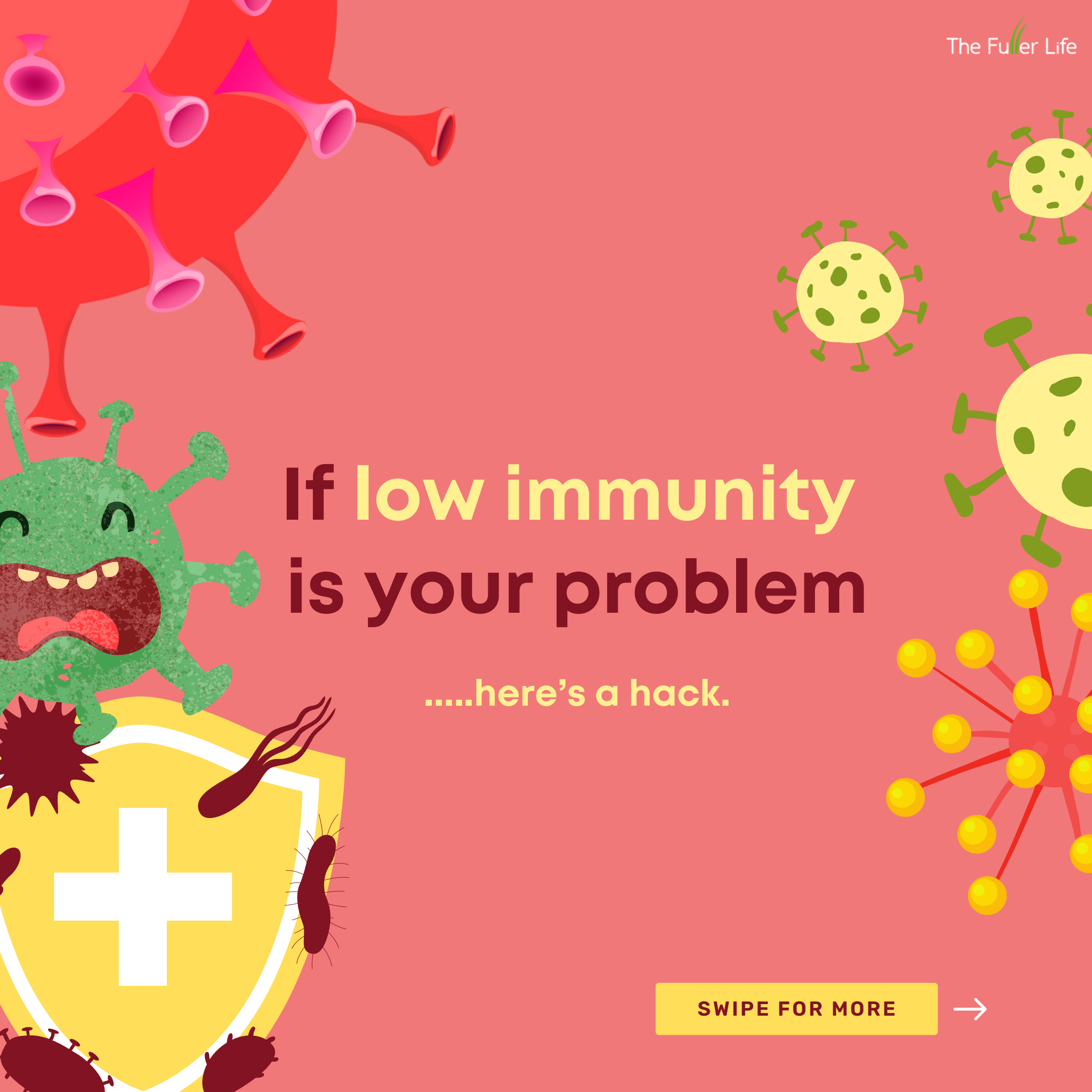


# If low immunity is your problem

.....here's a hack.

SWIPE FOR MORE



**When immune systems function well, it's a lifesaver.**

But nothing is perfect.

Sometimes, your immune system may not act the way they should. If that happens you may get allergies, asthma, or worse, like arthritis.

Don't worry. We can help.



# Low immunity symptoms

Chronic fatigue

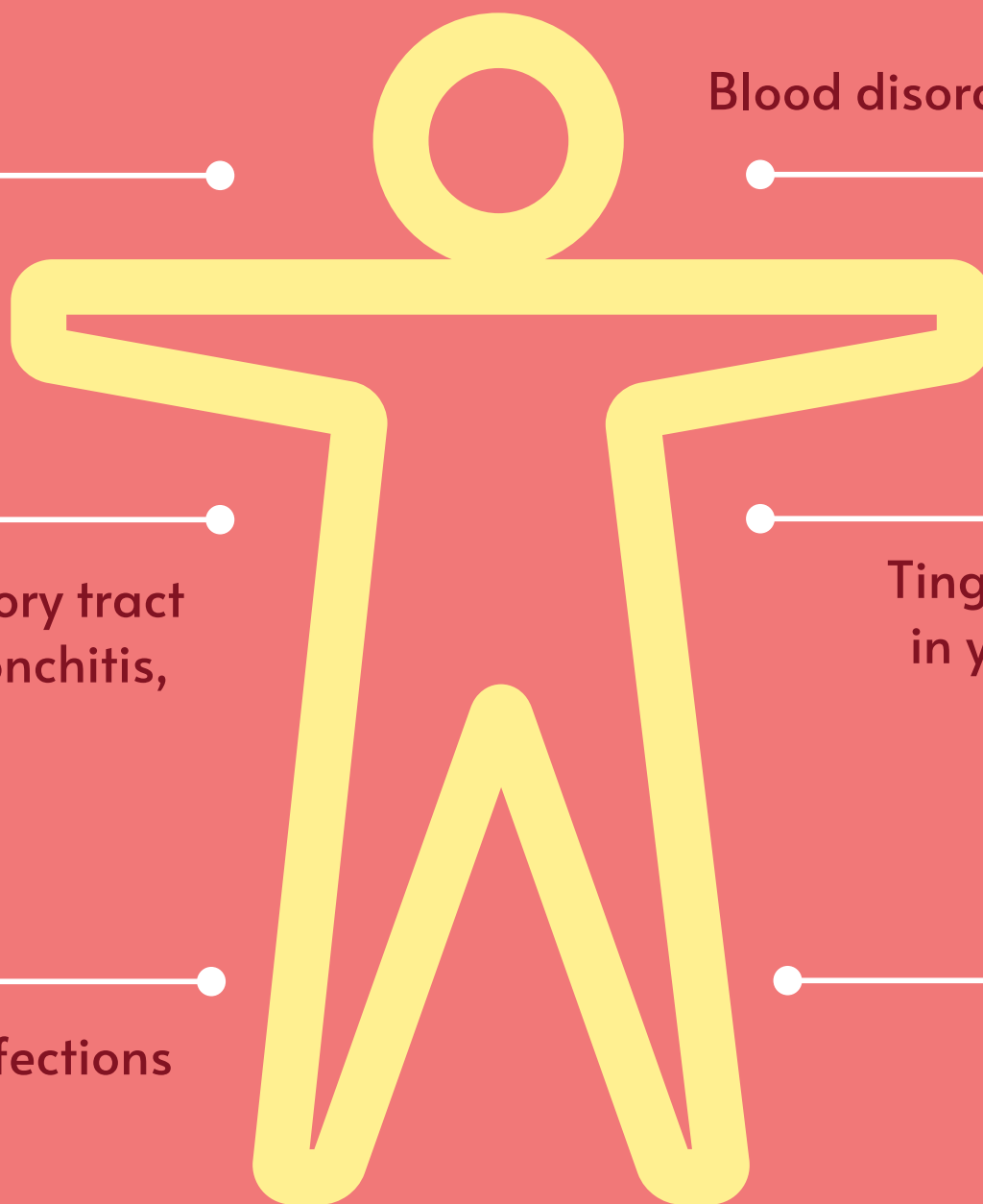
Blood disorders like anaemia

Frequent respiratory tract infections like bronchitis, and sinusitis

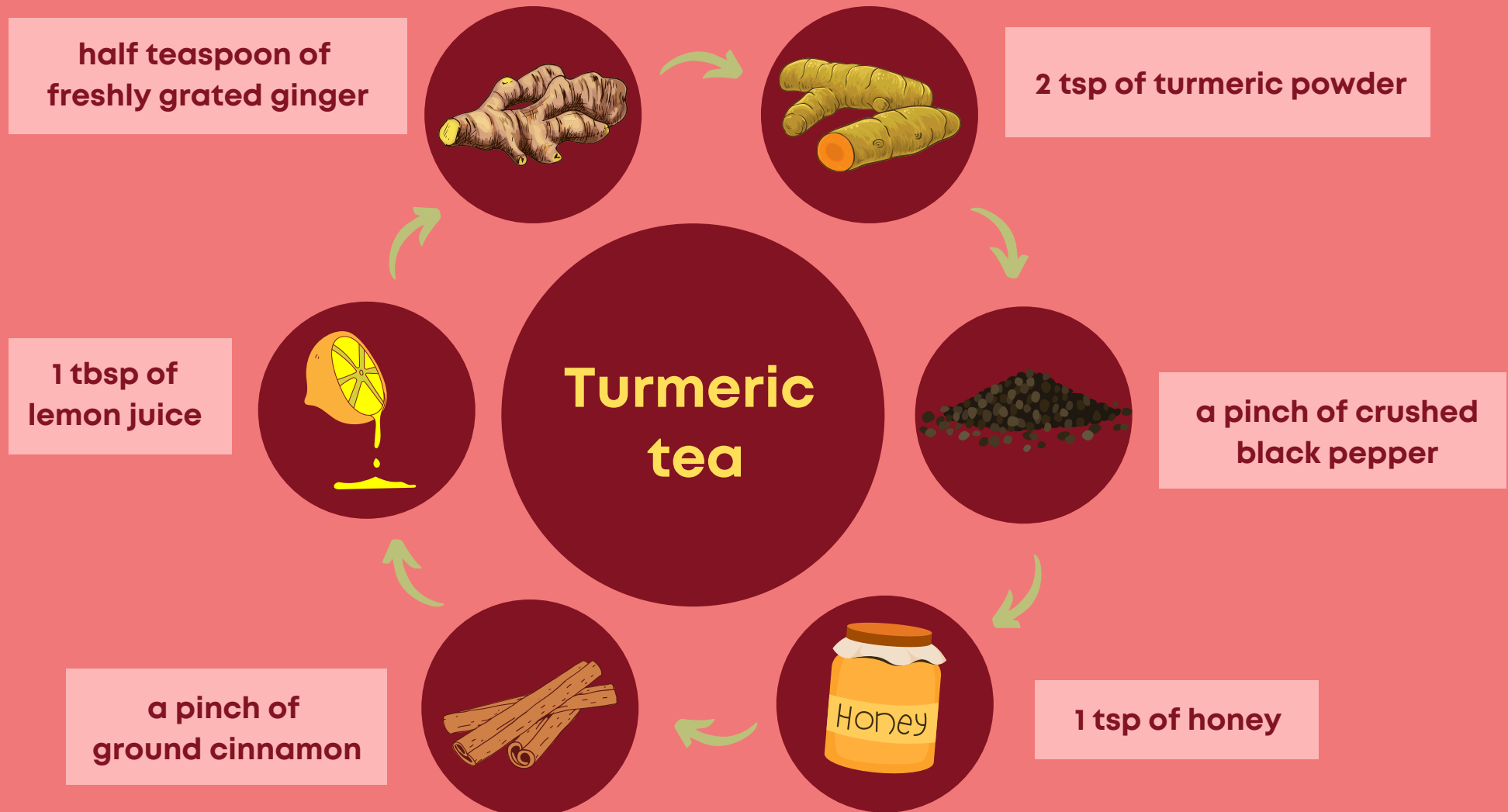
Tingling or numbness in your hands or feet

Urinary tract infections

Unexplained weight changes



# Improve your immunity with this simple tea

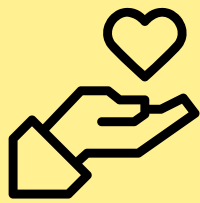


## Method:

Boil all spices with water for 15-20 minutes.  
Strain and add lemon and honey when ready to consume.

**#WellbeingontheWeb** offers nutritionist consultations and new recipes every month. These, along with other wellness tips and tricks, can help your employees.

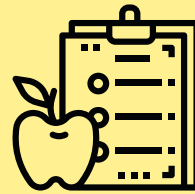
**Check out what we have.**



**Counsellors**



**Doctors**



**Nutritionists**



**Diagnostics**



**Pharmacy**



**Finance guide**



**Newsletters**



**Self-assessments**



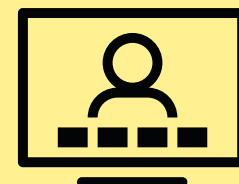
**Live classes**



**Articles**



**Videos**



**Webinars**