

Did you know...?

There are some simple steps YOU can take NOW to improve your immune system & reduce your risk of being unwell if you catch coronavirus



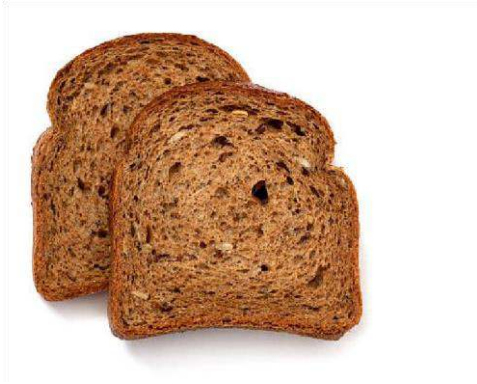
Cutting out sugar & high sugar foods...



Cutting out processed foods...



and reducing starchy carbohydrates...



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(even the brown/wholemeal ones!)

...can improve your
health & immune
system in a matter of
WEEKS



So what can I eat then?



Eat Real Food



Use natural fats/oils



Avoid vegetable oils/spreads:

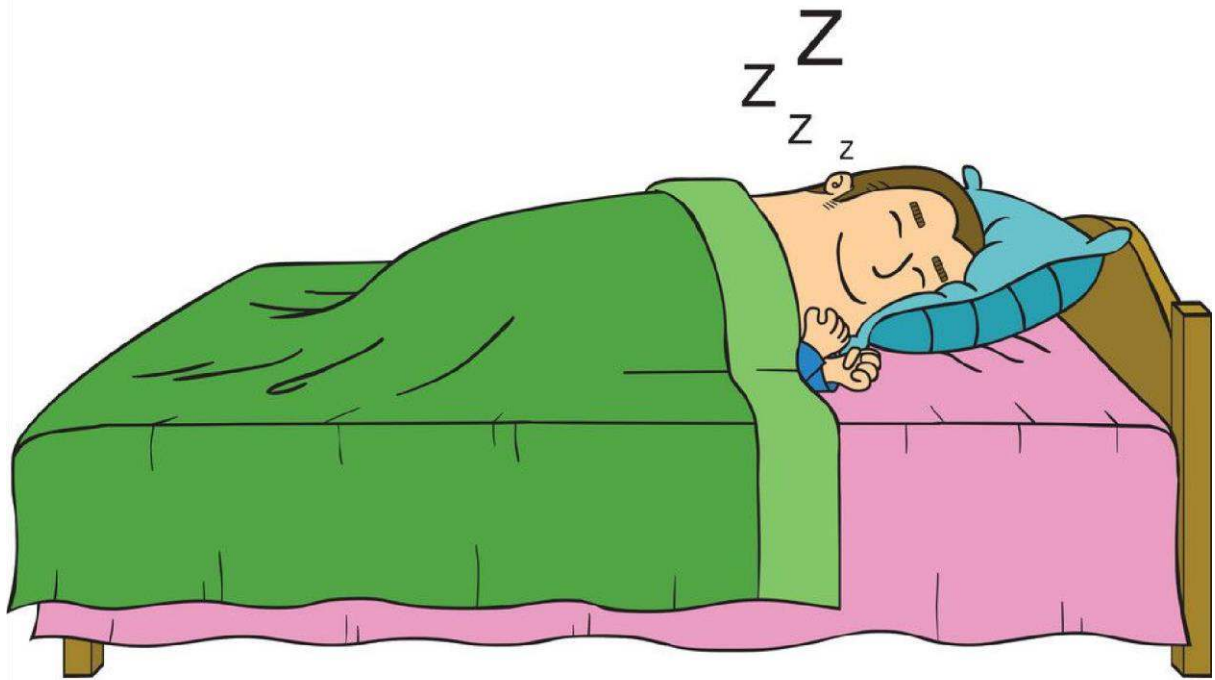


And a bit of exercise every day ...



(whatever you fancy,
whatever the weather)

and sleeping 7-8
hours each night ...



will also help your immune
system to work better.

You'll probably also start to FEEL better very soon

& wish you'd made these changes sooner.

You may be able to stop some of your medicines too!



If you'd like more information including recipes & food ideas

please email

barkdagccg.fixind2@nhs.net

or speak to your GP/nurse.

Many of our patients have improved their diabetes & lost weight by reducing carbs & processed foods.

We'd love to help you too.

