



Healthy Antioxidants

Also, on a side note Vitamin D is very important for mental health and immunity. A lot of people who suffer from depression have low vitamin D levels. My coworker goes to an herbal doctor and he told her that “if you have enough Vitamin D you should not get the flu”. I personally have been taking Vitamin D for years and it has greatly balanced my mood and health. I don't take a flu shot and I don't get the flu. Naturally we get Vitamin D from the sun, but if you are indoors all day it can be taken in liquid drops. I recommend the one from Whole Foods it's like \$13.00 dollars and will last you for months. Vitamin D is also found in salmon, cod liver oil, mushrooms, egg yolks, sardines and tuna.



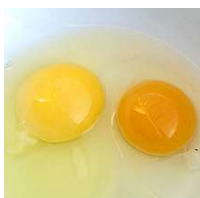
SALMON



COD LIVER OIL



MUSHROOMS



EGG YOKES



SARDINES



TUNA

For more detailed information please use the link below

<https://www.healthline.com/nutrition/9-foods-high-in-vitamin-d#9>