



# **Gratitude, Gadzooks!**

Thrice daily  
Ten gratitude minutes,  
Immune system revitaliser  
Fifty per cent booster,  
Robust immunoglobulin A,  
Primary defence:  
Bacteria  
Viruses.



Internal body army,  
Pain, inflammation  
Defeater!

Immune-mediated conditions:

Cancer

Food allergies

Others,

Real remissions.

Gratitude thoughts

Make you well!

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**Refuse. Reduce. Repurpose.**