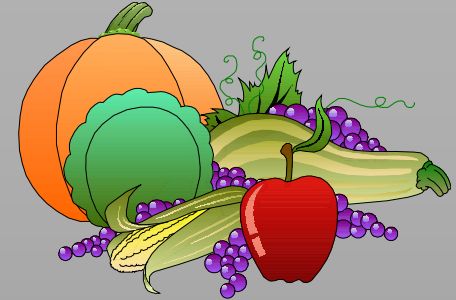


# Agenda



- Learn which food ingredients compromise the immune system
- Learn which dietary habits protect us from viruses, bacteria and yeasts
- Learn about dietary immune-boosters