

HELPFUL RESOURCES & FURTHER READING

- Resources on nutrition and diet:
 - <https://www.myplate.gov/>
 - <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>
 - <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-creating-a-healthier-you>
- Resources on mental and physical health:
 - <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>
 - <https://www.cdc.gov/healthyliving/index.html>
 - <https://medlineplus.gov/stress.html>
 - <https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>
- Articles on immune health:
 - <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
 - <https://health.clevelandclinic.org/strengthen-your-immune-system-with-simple-strategies/>
 - <https://www.aarp.org/health/healthy-living/info-2020/boosting-immune-response.html>
- Resources on supplements:
 - <https://lpi.oregonstate.edu/mic>
 - <https://ods.od.nih.gov/factsheets/list-all/>