



You have made it to **Track 5** which focuses on **restoring Our Immune System** utilising natural, complimentary practices and ImmunoClean™ to improve the immune system. It is regenerating by the minute!

By applying and practicing the first 4 Tracks, many health symptoms already reduce.

Doctors Beyond Medicine™ has been using ImmunoClean™ for over 30 years to support immune function through cleansing and common-sense practices.

ImmunoClean™ is formulated from natural ingredients (a herbal and mineral composition), which has been the DBM's "go-to" solution to deal with health and immune challenges.

- Our multi-purpose, multi-application (drink, steam, spray & more) liquid formulation, ImmunoClean™ is used simply by drinking it to improve challenged immune function and overall wellness or in combined protocols.

For more information on ImmunoClean™,

[Visit our website.](#)

- Support the immune cells production by consuming fermented foods, such as sauerkraut daily, to restore vital gut flora, which make up 80% of the immune system. It is an ongoing lifestyle practice
- Sleeping between 10pm and 3am is one of the most restorative practices for the immune system to follow
- Fasting restores Immunity – simply make sure you Hydrate efficiently!

[Order ImmunoClean™ /](#)

[Join Telegram Channel](#)

Relevant reading material to support and guide you on your journey following the 5 Track Plan:

[How to use ImmunoClean™.](https://immunoclean.com/protocols) Hyperlink to the correct <https://immunoclean.com/protocols>

[10 Things you can do Naturally to Improve Your immunity](#)

[Is your gut making you sick?](#)

[Know more about your resident Parasites](#)

