

## Bibliography

1. "The Importance of Proper Hydration." Heritage Integrative Healthcare. <http://heritageihc.com/blog/proper-hydration/>
2. "Acute vs. Chronic Inflammation." Integrative Longevity Institute of Virginia. <http://www.integrativelongevity.org/blog/acute-vs-chronic-inflammation>
3. "Endocrine glands." Medlineplus. <https://medlineplus.gov/ency/anatomyvideos/000048.htm>
4. "Detoxification" Infusio. <https://www.infusio.org/five-steps-to-health/detoxification/>
5. "The Lymphatic System." Lymphangiomatosis & Gorham's Disease Alliance. <https://www.lgdalliance.org/the-lymphatic-system/>
6. "Respiratory tract antimicrobial defense system." Wikipedia. [https://en.wikipedia.org/wiki/Respiratory\\_tract\\_antimicrobial\\_defense\\_system](https://en.wikipedia.org/wiki/Respiratory_tract_antimicrobial_defense_system)