

# WAYS TO BOOST YOUR IMMUNITY



- **Improve your sleep habits.** A sleep-deprived immune system doesn't work as well. Researchers found that those who regularly slept less than six hours a night were 4.2 times more likely to catch the cold compared with those who got more than seven hours of sleep. Focusing on better sleep habits is a good way to strengthen your immune system. Aim to sleep for seven to nine hours a night. Stick to a regular bedtime and wake-up schedule. Avoid screens, night-eating and exercise right before bedtime.
- **Avoid alcohol consumption.** Numerous studies have found a link between excessive alcohol consumption and immune function. Research shows people who drink in excess are more susceptible to respiratory illness and pneumonia and recover from infection and wounds more slowly. Alcohol alters the number of microbes in the gut microbiome, a community of microorganisms that affect the immune system.
- **Eat a balanced diet.** A healthful diet is important to maintaining a strong immune system. Following a diet rich in antioxidants is essential to supporting your immune system. Abundant in many fruits and vegetables, antioxidants combat free radicals—chemical byproducts known to damage DNA and suppress the immune system. Choosing healthy fats (such as the omega-3 fatty acids available in oily fish, and flaxseed) over saturated fats (found in meat and dairy products) is recommended as it may help increase your body's production of compounds involved in regulating immunity.
- **Exercise.** Regular moderate-intensity exercise confers several benefits to the immune system. A 2019 study shows that moderate exercise mobilizes immune system cells, helping the body defend itself against pathogens. Those who regularly engage in this type of exercise have fewer illnesses and less systemic inflammation. Exercise may also protect the immune system from the effects of aging.
- **Hygiene.** Simply keeping your hands clean is one of the best ways to ward off illness. Make sure to wash your hands for 20 seconds using warm water and soap before preparing food or eating, as well as after coughing, sneezing, using the bathroom, or touching public surfaces.
- **Stay hydrated.** Drinking enough water is important to keep hydrated on a regular basis, especially when it's cold and flu season. Keep your immunity up by drinking plenty of water to stave off infection. Staying hydrated helps your body naturally eliminate toxins and other bacteria that may cause illness. Drink half of your body weight in ounces of water daily.
- **Take care of your toothbrush.** While regular oral hygiene is a crucial factor to staying healthy, pay extra attention to your toothbrush during cold and flu season. If you share a bathroom with others, be sure your toothbrush doesn't come into contact with other toothbrushes. Viruses can easily spread this way, so keep yours apart from the rest, preferably in an upright holder so it can dry properly. If you've been sick, consider replacing your toothbrush once you're well to start fresh.

Source: <https://www.verywellhealth.com/ways-to-boost-your-immune-system-naturally-89283>

## FOODS THAT BOOST YOUR IMMUNITY

Source: [www.nytimes.com/2020/03/10/well/live/can-i-boost-my-immune-system.html](https://www.nytimes.com/2020/03/10/well/live/can-i-boost-my-immune-system.html)

Citrus fruits  
Red bell peppers  
Broccoli  
Garlic  
Ginger

Spinach  
Yogurt  
Almonds  
Turmeric  
Green Tea

Papaya  
Kiwi  
Poultry  
Sunflower Seeds  
Shellfish