

# 10 TIPS TO IMPROVE YOUR IMMUNE SYSTEM





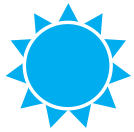
## 1. Eat right

The best source of nutrients needed to support the immune system is from your diet. You cannot get everything you need from a vitamin. Here is something simple that you can do. Choose to eat at least one nutrient rich food at each meal. Focus on fruits and veggies and limit carbohydrates as much as possible. The gastrointestinal tract is our best defense against viruses, bacteria, fungi, and toxic substances.



## 2. Exercise

Physical activity improves the way your lungs function, strengthens the heart and slows the release of the stress hormones. It is recommended to exercise 3 to 4 times a week for at least 30 minutes. If you haven't exercised in a while challenge yourself. Start easy like going for a brisk walk. If the weather is bad climb your stairs 10 times. Get up and start moving.



## 3. Get outside

Vitamin D is made by skin cells. It is one of the most important nutrients for the immune system. It is time to enjoy the sunshine.



## 4. Vaccines

Keep up to date on all your vaccinations. A vaccine allows your immune system to pre-prepare for a virus that you may eventually be exposed to. Having your body prepared is an easy way to help your immune system.



## 5. Maintain proper hygiene

Wash your hands often. Using soap and warm water for 20 seconds can actually kill some bacteria and viruses. Alcohol gel with at least 70% alcohol will do the trick as well. Limit touching your face with your hands as much as possible.



## 6. Sleep

Do you get 7-8 hours of uninterrupted sleep? Most of us don't. We need proper sleep to allow the body to recover. Without adequate sleep our bodies are under stress and the immune system is affected. For adults 7-8 hours is adequate. For teenagers 9-10 is appropriate. Younger children need 10 or more hours.



## 7. Reduce stress

Stress decreases one of the cells responsible for helping you fight infections. The lower the number of cells, the more at risk you are for an infection. Sleep, diet and exercise can help, but a solid relationship with a trusted friend may help more than anything.



## 8. Stop smoking/vaping

Nicotine is known to be immunosuppressive that can lead to decreased neutrophilic phagocytic activity as well as affect chemotaxis and cell signaling, in addition to inhibiting the release of reactive oxygen species (ROS) thus impairing the ability of neutrophils to kill pathogens. In other words, nicotine is bad for your immune system.



## 9. If you drink alcohol, do so in moderation

Excessive alcohol can damage the lining of the gastrointestinal system and leave you more vulnerable to infections. If you drink excessively, try cutting back and allowing your body to repair the gastrointestinal lining. This simple step can help protect you.



## 10. Take the right vitamins and minerals

We created the easiest way to take the right vitamins and minerals to help your immune system perform like it is designed to perform.

**It's called the Immune Booster Pack.**



**For more info:**

[RegelPharmalab.com/immune-booster-pack](https://RegelPharmalab.com/immune-booster-pack)

or hold your camera app on your phone up to this QR Code



1352 Cordova Cv.

Germantown, TN 38138

O (901) 757-9434 • F (901) 757-1194

[info@regelpharmalab.com](mailto:info@regelpharmalab.com)

[RegelPharmalab.com](https://RegelPharmalab.com)