

10 Tips to Improve Your Immune System



1. Eat right - The best source of nutrients that are needed to support the immune system is from our 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. Limit carbohydrates as much as possible. The gastrointestinal tract is our best defense against viruses, bacteria, fungus and toxic substances.



2. Exercise - Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness. Exercise causes change in antibodies and white blood cells (WBC). WBCs are the body's immune system cells that fight disease. These antibodies or WBCs circulate more rapidly, so they could detect illnesses earlier than they might have before. However, no one knows whether these changes help prevent infections. The brief rise in body temperature during and right after exercise may prevent bacteria from growing. This temperature rise may help the body fight infection better. (This is similar to what happens when you have a fever.). Exercise slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness. Exercise is good for you, but, you should not overdo it. People who already exercise should not exercise more just to increase their immunity. Heavy, long-term exercise (such as marathon running and intense gym training) could actually cause harm



3. Get outside - Vitamin D is made by skin cells. Vitamin D is, in my opinion, the most important nutrient for the immune system. So get outside any chance you get.



4. Vaccines - Keep up to date on all your vaccinations. An immunization like the flu shot causes your immune system to prepare for an actual virus that you may eventually be exposed to. Having your body prepared in advance is an easy way to help your immune system.



5. Maintain proper hygiene - Wash hands thoroughly and often. Think of yourself as a surgeon preparing for brain surgery. Keep your hands away from your face as much as possible especially if there is a known illness.



6. Sleep - Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as a common cold virus. Lack of sleep can also affect how fast you recover if you do get sick. During sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Certain cytokines need to increase when you have an infection or inflammation, or when you're under stress. Sleep deprivation may decrease production of these protective cytokines. In addition, infection-fighting antibodies and cells are reduced during periods when you don't get enough sleep. How much sleep do

you need to bolster your immune system? The optimal amount of sleep for most adults is seven to eight hours of good sleep each night. Teenagers need nine to 10 hours of sleep. School-aged children may need 10 or more hours of sleep.



7. Reduce Stress - stress decreases the body's lymphocytes. Lymphocytes are the white blood cells that help fight off infection. The lower your lymphocyte level, the more at risk you are for viruses. Stress does include the "stressed out feeling" but it also includes chronic issues like pain and cancer. Take care of 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 - alcohol damages your immune system, increasing your risk of potentially fatal illnesses such as pneumonia. There are a number of ways alcohol impairs your immune system, making you more likely to get sick. First, it's important to know that the microbes living in your intestines, your gut's microbiome, plays an important role in fighting diseases. This happens in many ways that we're just beginning to understand. When you drink a lot of alcohol, it has many negative effects on your digestive system. It damages the epithelial cells in your intestines, making it harder to absorb many nutrients. It also severely disturbs your gut's microbiome, significantly altering the balance of healthy and unhealthy bacteria. Alcohol affects the way health gut microbes interact with the immune system. Second Alcohol disrupts the gut barrier, allowing more bacteria to pass into the blood. These rogue bacteria can cause inflammation in the liver and may lead to liver damage. Alcohol doesn't just affect the function of the digestive tract. It also affects the respiratory system. Excessive drinking may impair the function of immune cells in the lungs and upper respiratory system, leading to increased risk for pneumonia, tuberculosis, and acute respiratory distress syndrome, or ARDS.



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.