

# Corona & Sons' Newsletter

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## **7 Ways to Boost Your Immune System**

Your immune system includes T-cells, which attack other illness-causing cells. They're able to "remember" an invader, then defend against it better later. When you're , you make fewer T-cells, and most vaccines require new T-cells to work. Not only do you make fewer T-cells, but the ones you have don't communicate with each other as well as they once did. Follow the medically-recommended suggestions below to help strengthen your immune system.

### **Get a Flu Vaccination**

An annual flu vaccination can reduce your risk of infection by 40 to 60 percent. The vaccine works by stimulating your immune system to create antibodies, which can protect an infection.

### **Eat a Healthy Diet**

Eating a healthy, nutrient-rich diet is another way to boost your immune system so that it can fight off viruses. A diet rich in fruits and vegetables promotes a healthy immune system.

### **Get Active**

Exercise increases blood circulation and has an anti-inflammatory effect on the body. Aim for 30 minutes three days a week.

### **Lower Your Stress Level**

Chronic stress can affect your immune system, decreasing its effectiveness. Chronic stress lowers your immune system response.

### **Get Plenty of Sleep**

Sleep deprivation also reduces the effectiveness of the immune system. Sleep becomes more important with age because it also helps improve brain function, concentration, and memory.

### **Maintain a Healthy Weight**

Being physically active and eating a healthy diet can help you maintain a healthy weight and can help reduce inflammation.

### **Spend Time Outdoors**

Vitamin D helps strengthen the immune system. Spending time outdoors allows your body to convert vitamin D from sun exposure. You may want to take a supplement if you don't spend enough time outdoors.

