



Factors that make your immune system weaker

This era of COVID-19 proved something and was the extreme importance of having a strong immune system and having it as a priority is more than recommendable. The lower your body's defense the more probable was being a victim of this horrendous pandemic. I must highlight that not only because of a pandemic we have to look to have a strong immune system. We are always surrounded by diseases that can hit us hard and our defenses have to fulfill the task to protect us.

The capability of our body to confront infections, bacteria, and else is being diminished in our generations, mainly because of our urban environment where our kids are far from the vast majority of factors of exposition. This provokes the immune system of our ancestors had strengthened systems, nowadays isn't that bad because we can give support to our immune systems with medicine.

That's why the best combination is to strengthen your immune system close to the level of our ancestors while with keep the support of modern medicine. This will become you into something solid as a rock before the diseases. Here is the list of the things that are affecting negatively your immune system:

Not enough sleeping

When the human body is pushed to its limits, the immune system suffers, one of the limits the people our day tend to test more is not giving enough hours of sleep and rest to the body. This kind of schedule is damaging both mentally and physically the person, and of course this impact directly the immune system.

Bad hydration

We need water. Sometimes this statement is underestimating too much. We forget more than half of our body is water. So, staying hydrated is synonymous with good health. The lack of enough water obviously going to have significant repercussions, the general health of your body is reduced and the immune system damage is substantial. In this case, the solution is simple to drink more water, I can give the advice don't attach yourself to a specific number of cups that you must drink. I discover is better to associate drinking water with your activity, if a day you have more activity your brain automatically will know that drinking more water is required.

Excessive Cleanliness

Due the COVID this excess is more common, we've all become more accustomed to washing our hands very frequently, and our immune systems develop through exposure to the world around us, the continuous fighting with low-level threats, they become more effective.

When we start excessively caring about any contact with dirt or surfaces that are in contact with many people, we are preventing our immune system acquires the minimum experience to fight effectively any struggle. You have to be a clean person but never sterile your environment. Don't turn your house into a crystal-sealed box.

Unbalanced nutrition

The urban areas with the fast pace lifestyle cause people to look for fast food regularly and this is food that is a bad and less than nutritious habit. Overindulging in alcohol is another nasty habit. Both habits impact your immune system.

People believe that today with faster transportation, increased mobility, better connections more variety of foods in supermarkets and restaurants our diet is more diverse. Sadly, this is not the truth and people reduce themselves to consuming a very short list of products and foods. The result of this is that people fall short in the vitamins are minerals required for the best performance of their body. If this is your case the use of supplements can be highly recommended.

The “holy” Stress

Stress is something day by day more predominant, stress always existed only the people of previous generations were vastly superior to us managing. Light stress is fine and can motivate you to excel in a situation or purpose. The problem is when the stress is so heavy that instead of being a motivator it turns into a hindrance.

It is important to identify which are the greatest sources of stress in your life and act accordingly to reduce them. sometimes, this is not an easy task to do. But remember is your health is in the line of fire, the high-stress causes havoc on your immune system. There is nothing more important than your health is your fell down anything you tried to do will remain without being finished forever.

