

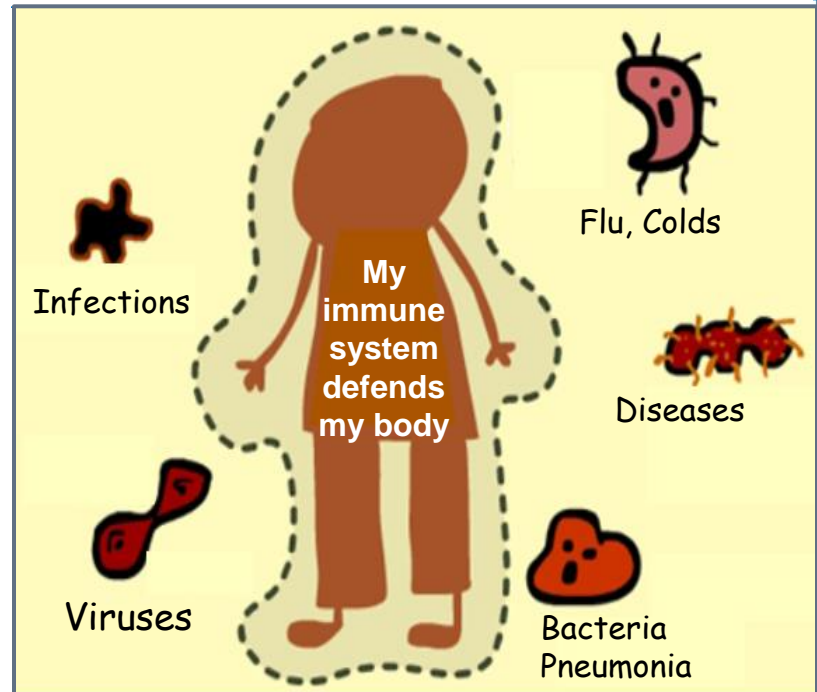


HEALTH AWARENESS 1/2018: BOOST YOUR IMMUNE SYSTEM

The immune system is your body's natural defense system.

It's an intricate network of cells, tissues, and organs that band together to defend your body against bacteria, viruses, parasites, even a fungus - all with the potential to make us sick.

Not eating healthily, being sedentary, not getting enough sleep, and being under chronic stress can all contribute to a weak immune system. When your immune system is depleted, bacteria, viruses, or toxins can overwhelm your body. The result? You get sick.



6 simple ways to boost your immune system

1. GET ENOUGH SLEEP

Studies have proven that getting a proper amount of sleep aids in boosting our immune system and our bodies natural healing process.



2. TAKE YOUR VITAMINS

Vitamins C & D are especially important, also minerals like Zinc are helpful. All things in moderation. we do not take massive quantities of these.

3. DRINK ENOUGH WATER

Drinking enough clean water on a daily basis is absolutely important. Water is required for every metabolic function in the body. It also delivers nutrients to the cells and helps remove toxins and waste.



4. EXERCISE REGULARLY

Exercise increases production of white blood cells, the immune cells in the body. Besides this direct effect on the immune system, regular exercise has been shown to lower stress and help people sleep deeper, both factors that can increase immunity.



5. MANAGE STRESS

Stress negatively affects immune response, which increases susceptibility to illness and prolongs healing. An important first step in managing stress is to identify the sources of stress in your life. Once you've identified the main sources, you can start to take some simple steps to minimize its effects on your body.

Most effective ways to manage stress include:

- Practice relaxation techniques including deep breathing
- Become more aware of your reactions to people and situations
- Balance work and play
- Pace yourself
- Learn to look for the bright side of things
- Simplify your life.



6. EAT FRESH FOODS

One of the other key ways to boost immunity is by eating a diet with plenty of fresh fruits and vegetables, as well as nuts, seeds, sprouted grains, and other foods that are high in fiber. These same foods are high in a class of nutrients called antioxidants—including vitamins A, C, E, Zinc and Selenium.

Foods and beverages that can weaken immunity include:

- Barbecued and fried foods
- Processed and refined foods
- Sugar, white flour products, animal products
- Foods with additives, colorings, and preservatives
- Beverages containing alcohol and caffeine



***Disclaimer:** This information represents a summary of Marsh & Mercer's understanding regarding to health awareness based on some sources. This information is not binding and readers are advised to seek help from their specialist doctors.*