



Boosting Your Immune System...Is It Possible?

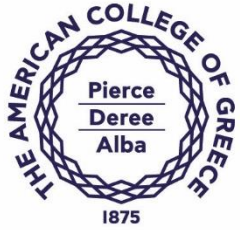
This question which is on everyone's mind these days, is how to fight Covid 19, and other seasonal colds, flues and stomach bugs. We are becoming increasingly aware of the importance of being healthy and having a strong immune system.

What is the Immune System?

It's a system and not a single unit, cell, or organ. It is a network of cells, organs, and tissue that travel through the bloodstream protecting the body against foreign bodies and infectious organisms that may result in infection and disease. Being stressed, sad, living a mostly sedentary lifestyle or eating a poor diet can weaken our defenses making us an easy target for seasonal colds. White blood cells are produced and stored in various parts of the body including the spleen, thymus, bone marrow and *the lymph nodes* and they act as filters trapping bacteria, viruses, and other potential causes of disease. Additionally, the immune system definition includes the processes that resist those infections and toxins, also known as "the immune response." It is a number of parts working together in balance and synchronicity. So if we want to boost our immune system we ought to be looking at getting your *white blood cell count up*. So our aim is to strengthen the immune system response.



Think of your body as an organization with many employees, the immune system is a department: everyone works better with the right tools and the right mood



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Here is how you can strengthen your immune system:

1. Drink water and stay hydrated. Your body needs fluids to help your lymph nodes do their job, get the blood circulating properly, and allow vitamins and minerals to reach their destinations easily. Water is the elixir of life. Drink eight (8) glasses of water a day; you may need more if you exercise or live in a hot climate.
2. Eat a balanced diet: complex carbohydrates, fruits, vegetables, lean protein, and [fermented foods](#).
3. To strengthen your immunity, feed your system "soldiers", the best natural and whole foods possible. Stay away from processed food.
4. Exercise regularly. When you're feeling tired physically and psychologically the last thing you want to do is workout; but do not skip your regular workout session altogether, simply modify it as needed, you can help boost immune system cells and eliminate toxins! Research shows that something as simple as regular walking may help increase the white blood cell count, while the physical activity may also help flush out bacteria stuck to the lungs and airways. Both of which are essential in eliminating, stopping, or reducing the undesirable effects of the common cold. It is not hard! Just get your heart rate pumping!
5. Vitamins and minerals: if you are not eating a well balanced diet that meets with the daily recommendation of vitamins, consult your doctor in order to take essential supplements such as Vitamin C, B6, Zinc and D (especially if you have deficiencies)
6. Sleep. Seven (7) to nine (9) hours of sleep is ideal to boost immune system strength.
7. Spend time outdoors and under the sun.
8. Don't smoke/vape. Smoking is linked to lung many diseases and a suppressed immune system. Spare yourself the health issues and quit smoking.
8. Cut down on alcohol: a glass of wine every once in a while won't hurt you, but if you want to strengthen immune system cells and organs, then cut back on any excess.
9. Lift your mood, reduce stress, anxiety and feel good! Your stress levels, bad mood, and anxiety are serious matters that you have to deal with. There is a correlation between our emotions and the immune system. If you want to boost your immune system you have to find daily ways to lower your cortisol levels and strengthen immune system response: unplug from your work and phone, relax with a good book, talk to family and friends, dance, sing and laugh. Don't underestimate the power of spirituality, prayer and meditation.
10. Take steps to avoid infection, such as washing your hands frequently, don't abuse hand sanitizer as excess sanitation can weaken your system (the skin flora), open windows regularly, social distance.





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What to eat

1. Citrus fruits
2. Red bell peppers
3. Broccoli, cauliflower, cabbage
4. Garlic
5. Spinach & greens
6. Sunflower seeds
7. Kiwi
8. Papaya
9. Almonds
10. Superfood: turmeric, ginger, green tea
11. Probiotics: yoghurt, kimchi, sauerkraut

If you are not Vegan or Vegetarian

1. Chicken
2. Shell fish

Vitamins & Trace Minerals to boost Your Immunity

In case you are not meeting your daily requirement of recommended vitamins and trace minerals. Always consult your physician.

1. Vitamin C is one of the biggest immune system boosters of all. In fact, a lack of vitamin C can even make you more prone to getting sick.
2. Vitamin B6 is vital to supporting biochemical reactions in the immune system.
3. Vitamin E is a powerful antioxidant that helps the body fight off infection.
4. Vitamin D
5. Zinc
6. Echinacea

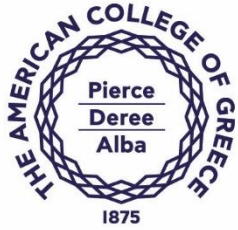
What not to eat

1. Sodas
2. Processed foods
3. Foods and drinks high in sugar
4. Refined carbohydrates
5. Alcoholic beverages

Grandma is right!

Drinking freshly squeezed lemon juice diluted in water daily benefits your health. One lemon contains one third of your daily requirement of vitamin C, minerals and other natural compounds that boost your immune system, protecting you from free radicals which might aid in the protection against chronic diseases. Eating more vitamin C when you have a cold might even shorten it or lessen the severity of your symptoms. You can also fortify it with ginger, turmeric, cinnamon.





Know the Facts

Health



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Can Spirituality help your health and Immune System?

Even though being spiritual may mean different things to different people; no matter the belief or practice, ritual spirituality may help strengthen the immune system.

Stronger Immune System

The immune system helps fight off viral and bacterial bugs, as well as chronic infections which can sometimes be life-threatening for older adults. Since stress can wreak havoc on the immune system, finding ways to lower stress levels is important. Spirituality can deliver a sense of well-being, flooding the brain with immunity-boosting hormones.

Longevity

One Mayo Clinic study on the effects of spirituality on health (Religious Involvement, Spirituality, and Medicine: Implications for Clinical Practice) found that people who are spiritual or religious often live longer than others. It is hypothesized that many of the positive side effects of spirituality, which are outlined below, may also translate to healthier lifestyle choices.

Improved Emotional State

Spirituality can promote close family and friendship bonds and help people cope with physical or emotional pain and other life stressors, offer people a strong sense of community, and prevent feelings of isolation.

People who are spiritual generally have a more positive outlook and live happier, more productive lives.

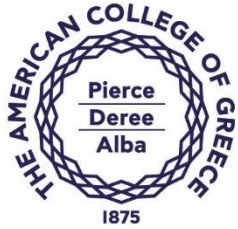
Reduced Risk Of Disease, hypertension

Lowering hypertension can reduce life threatening events such as heart disease, kidney disease or stroke. The positive feelings associated with spirituality can lower stress levels and blood pressure and can have a significant impact on lifestyle choices.

Improved Self Confidence And Fitness

Being a part of a spiritual community or having close community ties can help boost self-confidence and mental outlook, which in turn can lead to taking better care of yourself. Some people find physical activities, such as taking a walk in a beautiful park or participating in a yoga or meditation class, to be a spiritual experience.

Patients with high levels of spiritual well-being had lower levels of anxiety regardless of sex, age, marital status, diagnosis, group participation, or time since diagnosis.



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Words for the Wise

- ✓ Be aware of your body and listen to it. Take care of it before the onset of illness. When your tonsils, skin, or gut sound the alarm that something is wrong, it probably is.
- ✓ Pay attention and boost immune system with a healthy lifestyle: hydration, healthy eating, exercise, stop smoking, limit alcohol.
- ✓ Reduce stress and anxiety with spirituality, prayer, meditation
- ✓ Take action to avoid infection: wash your hands, wear a mask when needed and social distancing
- ✓ Knowing how to strengthen the immune system response is not really hard, it just requires consistency, discipline, daily practice and self-control. Giving your body the right tools, you'll boost immune system cells and organs in no time, as the body craves the balance and synchronicity that keeps it all in order.



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