

Monthly Wellness SpotLight by PSA



NATURAL WAYS TO BOOST YOUR IMMUNE SYSTEM

In addition to the COVID-19 pandemic, cold and flu season is upon us. Your immune system is your best protection against illnesses, so how can you keep it in tip-top shape to fight infection and disease?

How to boost your immune system

Because your immune system is more than a single organ, it needs balance within your body in order to function well. Diet, exercise, and stress level all play a role in the health of your immune system.

Choose a healthy lifestyle

Following good health guidelines is the absolute best way to build a strong immune system. Every part of your body, including your immune system, functions better when treated with care. The following are the most important things you can do to naturally improve your immune system:

- Don't smoke
- Eat lots of fruits and vegetables
- Get exercise regularly
- Keep your weight within recommended guidelines
- If you drink alcohol, do so only in moderation
- Get at least 7-9 hours of sleep per night
- Wash your hands
- Minimize stress

Vitamins and supplements

Please check with your doctor before you take any vitamin or supplement. While there are many products on the shelf that claim to boost your immune system, your doctor will be able to recommend which are best for you based on your medical history. The most common vitamins and supplements recommended are below:

- **Vitamin D**—Many of us may be deficient in Vitamin D, and studies show that it may help prevent respiratory infections.
- **Zinc**—A deficiency in zinc becomes more common with age. Studies have shown that zinc may prevent respiratory infections and the common cold. It may also decrease the amount of time you are sick.
- **Vitamin C**—Vitamin C is probably the most common supplement taken to improve the immune system. Vitamin C is a powerful antioxidant, and supplementing with it may reduce the duration and severity of upper respiratory tract infections, including the common cold.
- **Elderberry**—Elderberry is still being researched, as it is a newer supplement. Taking these supplements may reduce upper respiratory symptoms and alleviate flu symptoms.

Bottom line—take care of your body, and your body will take care of you!