

7 simple habits that help improve resistance, protect yourself from COVID-19 epidemic

The immune system is a 'shield' that helps protect people from pathogens and maintains a healthy body. Therefore, the stronger the shield, the easier it is for viruses and bacteria to be destroyed and not affect health seriously. This is even more necessary in the time when COVID-19 is acting as complicated as it is now.

The immune system plays an important role in protecting people to stay healthy and prevent disease. Therefore, people with weak immune systems are more likely to get infected, get sick and get worse than those with good resistance.

In the situation where the COVID-19 epidemic is currently complicated, in addition to the preventive measures such as wearing a mask, washing hands regularly . we also need to pay attention to improving our immune system. by daily routines to help the body get the best condition, prevent COVID-19 infection.

Here are 7 daily habits that are very beneficial to the immune system at this time that everyone should follow.

1. Eat more vegetables, fruits

Adding a variety of fruits and vegetables is one way to boost nutrition. The vitamin C in fruits and vegetables contains a lot of trace elements, which can improve the immune system.



We should eat lots of fresh vegetables like broccoli, carrots, pears. In addition, drinking a glass of milk every night is another way to increase the resistance.

2. Eat lots of protein rich foods

Immunity weakens with age. Therefore, we should regularly supplement protein-rich foods to boost the immune system. Good sources of protein are eggs, milk, soy, tofu . In addition, some protein nutrition powders on the market are also a good choice.

3. Nourish beneficial bacteria to the body

The internal organs accumulate large amounts of bacteria. In addition to promoting digestion, bacteria also have a positive effect on the immune system. Researchers have shown that beneficial bacteria not only compete with harmful microorganisms to compete for nutrition and living space, but also release chemicals that support the immune system to eliminate microorganisms. Pests.



Some people once sick are using antibiotics. This is detrimental to beneficial microorganisms, leading to dysfunction such as diarrhea. Therefore, we should 'nourish' beneficial bacteria. Drinking yogurt or drinking yogurt every day can increase the number of good bacteria, reduce the risk of disease.

4. Eliminate the pressure, have fun every day

Optimistic, happy people have fewer cold symptoms and are more resistant to respiratory illnesses. We should learn how to relieve pressure, be more positive and optimistic, maintain joy in life. It is important to make friends and talk more because loneliness is the biggest 'enemy' that damages the immune system.

5. Get enough sleep

Lack of sleep increases the likelihood of infection and disease. Researchers have shown that sleeping less than 7 hours a day increases the risk of getting a cold by 3 times. This shows that your immune system is in decline.



Adults should sleep at least 8 hours and 20 minutes every night. Besides, sleep quality is also important. This is greatly affected by heat, light, and sound.

6. Sunbathing

Sunlight can help prevent autoimmune diseases. Sometimes, the body's immune cells are disordered, turning back to attack the body's cells, producing diseases known as autoimmune diseases such as type I diabetes, lupus erythematosus .

All of them are related to vitamin D deficiency. Vitamin D helps regulate the behavior of the immune system, reducing the risk of autoimmune diseases. Supplement vitamin D by eating more dairy foods and fish. In addition, sunbathing is the most effective method of supplementing with vitamin D, preventing the immune system from getting disturbed.

7. Exercise more

Based on your condition, you should plan your exercise accordingly. You can run several times a week, each time should be limited to 1 hour. Because at first, the immune system is weak, unable to withstand high-intensity exercise.



Source: Sohu, The Health

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