

8 solutions to improve health to increase immunity for the body

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Exercise sports

The best way to prevent disease is to exercise and exercise. Exercise not only helps reduce fat but also acts as a natural antidepressant to humans.

Maintaining regular physical activity and sport is not only good for bone and heart health, but also good for your mental health.



Not only exercise but daily activities like playing with children, cleaning the house and even 'love story' are also good forms of physical activity.

Drink green tea

Green tea contains natural antioxidants, so this is a drink with good anti-aging effects and aids in destroying cancer-causing free radicals. EGCG stands for Epigallocatechin gallate found in green tea to help the body enhance metabolism and relieve stress.

Drinking green tea every day will help you promote health and support weight loss.

Meditation

Meditation helps people relax stress, eliminate negative emotions that bring peace of mind.

Get enough sleep

One of the important factors for our health is sleep. Getting enough sleep will help the body relax and recover after a hard working day.

Balanced diet

Set a goal of eating balanced and strong food to promote overall health, maintain physique and beautiful skin. Avoid fast foods and prefer lean proteins, low-fat milk, fruits and vegetables.

Do not smoke, stay away from smoke and limit alcohol

Smoking both directly and indirectly affects the immune system directly, increasing the risk of lung diseases. Therefore, we should stay away from tobacco and limit alcohol consumption to keep the immune system healthy.



Drink enough water

Water is extremely important to the human body. Water regulates body temperature, lubricates joints, is a solvent for chemical reactions in the body, helps to eliminate toxins .

Dehydration can make the body feel tired, increase heart rate, adversely affect the kidneys and skin. Therefore, make a habit of drinking enough water daily, preferring filtered water, limiting carbonated drinks.

Maintain a 'love story'

Maintaining a 'love story' regularly helps burn calories, improve sleep, enhance heart health and relieve depression.

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