

# How to boost immune system

Learning how to strengthen the immune system will help us protect our health comprehensively through our daily lifestyle, This is the basics to boost immune system

Changing weather, the environment where many viruses are present, are always a concern for both adults and children.

The **immune system** is a system made up of special cells, proteins, tissues and organs that help the body fight off pathogens and microorganisms. Immunity is also a biological process in the body that works by identifying foreign antigens and killing abnormal cell-forming microorganisms. One of the important cells is leukocytes, or leukocytes, which are divided into two basic types that work together to detect and destroy toxins that affect organs in the body.

The immune system acts as a human's natural defense system against invading agents such as bacteria, viruses, parasites, fungi, restores damaged cells, and prevents cancer.

In addition, when the body becomes inflamed by cuts, the white blood cells identify bacteria, create antibodies to fight the infection and help the immune responses work. Here are 9 way **boost immune system** to stay healthy.

## 1. Get enough sleep and manage stress



The harmful effects of lack of sleep and extreme stress increase the amount of hormone cortisol in the body, inhibiting the ability of the immune system to function in the long term.

## **2. Don't smoke and stay away from cigarette smoke**



Smoking habits directly affect the immune system, suppress the immune system and increase the risk of bronchitis and pneumonia in both smokers and smokers. In addition, cigarette smoke also causes otitis media in children.

## **3. Limit alcohol intake**



Drinking too much alcohol weakens the immune system and increases the chances of getting pneumonia. Therefore, to protect our health, we should limit alcohol intake to keep the immune system healthy.

## **4. Eat plenty of fruits, vegetables and legumes**



Eating a lot of vegetables, fruits and nuts, legumes will help you provide more nutrients for your body, thereby meeting the needs of the immune system. According to a study conducted in older people, eating plenty of fruits and vegetables improves the body's response to Pneumovax vaccine, which helps protect against Streptococcus pneumonia.

## **5. Use probiotic supplements**



Many studies have shown that dietary supplements help reduce the risk of respiratory and stomach infections. Fermented dairy products also help reduce respiratory inflammation in adults and children.

## **6. Exposure to morning sunlight**



Sun exposure affects the skin's production of vitamin D. In the summer, you should be in the sun for 10–15 minutes. In some places, the amount of sunlight is not enough to provide the body with vitamin D and sometimes they also lack the supply of vitamin D. This makes the body lack the necessary vitamin D and increases the risk of sugar infections. Respiratory.

A 2010 study in young children showed that getting enough 1,200 IU a day of vitamin D levels reduces the risk of getting sick with influenza A. Influenza A is an acute respiratory infection caused by the H1N1 influenza A virus. , H5N1 and H7N9 cause. On the other hand, a 2012 study found that people with colorectal cancer that attempted to absorb 1,000 IU a day failed to protect their bodies against upper respiratory infections.

## **7. Use garlic in the daily menu**



Garlic is a center of broad spectrum antibiotics and promotes the development of the immune system. Because the heat of garlic helps to cancel the active ingredients effectively, so add garlic to your daily menu.

## 8. Eat herbal mushrooms



You should eat herbal mushrooms like shiitake or Japanese maitake mushrooms. A recent study shows that shiitake mushrooms increase immunity, helping to prevent breast cancer in women.

## 9. Use herbal immune support



Ginseng is a very effective immune booster. Therefore, try to take immune-supporting herbs like eleuthero ginseng, Asian ginseng, American ginseng, or royal ginseng when you have an infection.

Please apply 9 ways to strengthen the immune system above to protect the health of yourself and your family from dangerous pathogens, especially in hot weather and easy to get this disease.

Good luck!

You finished reading the article "**How to boost immune system**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

---