

Increase resistance & immune system in 5 simple but effective ways

5 extremely simple ways below will help you increase resistance, improve the immune system to make the body healthier.

Polluted air, respiratory disease Corona outbreaks cause many people to be worried by the immune system, their resistance is not high. The following 5 simple ways will help you increase your resistance, improve your immune system to make your body healthier, ready to face future diseases and pollution.

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What is the immune system?



The term 'Immune System' in English means 'immune system' - a system made up of a network of specialized cells, proteins, tissues and organs. They work together to protect people against germs and microorganisms found in everyday life. One of the most important cells of the immune system is the white blood cell, which consists of two basic types that work together to search and kill infectious organisms - 'invaders' that are harmful to health. The immune system attacks the human pathogen through a series of steps called an immune response.

Unlike the nervous system, the body's immune system is more complex and is located throughout the body, including:

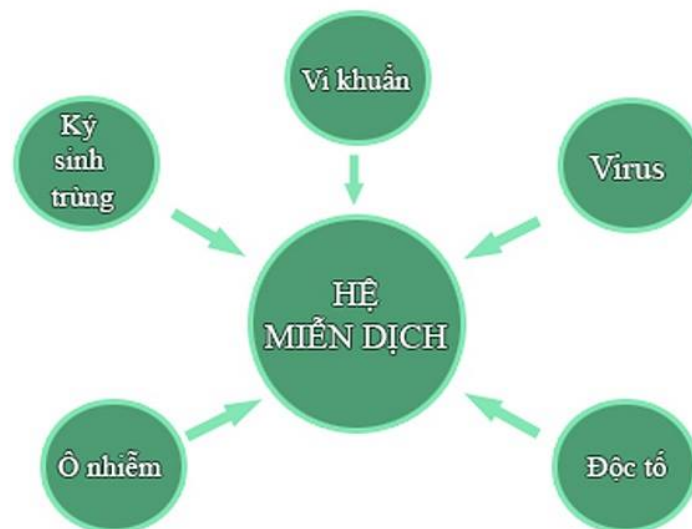
1. Tonsil throat
2. Gastrointestinal system
3. Bone marrow
4. Skin
5. Lymph nodes
6. Spleen
7. Thin mucous membranes inside the nose, throat and genitals

Scattered distribution in many locations helps the immune system to form and store cells, as well as maintain continuous activity to keep the whole body healthy.

When it comes to the immune system, it is impossible not to mention resistance. Resistance is the ability to protect and resist agents that invade the human body, so when the resistance is weak, the immune system will become weak and tired, increasing the risk of diseases. Infectious.

The importance of the immune system

The immune system helps protect the body from harmful factors such as dust, bacteria, viruses, parasites . and creates antigens and antibodies that help the body fight off agents. Harm that, prevent old diseases from recurring.



When the body's immune system is weakened, bacteria, viruses and toxins can attack people, which can lead to a number of illnesses. Allergy and hypersensitivity to certain substances thought to be caused by immune system disorders. At this time, the faulty immune system will automatically fight against factors that are not too dangerous, such as pollen or animal hair, making the body more sensitive to contact with them.

In addition, the immune system also plays a major role in transplant rejection in patients who undergo transplant surgery, replacing tissue or internal organs.

Immune disorders also cause conditions such as:

1. **Autoimmune diseases:**Diabetes in adolescents, rheumatoid arthritis and anemia .
2. **Immunodeficiency diseases:**HIV / AIDS (acquired immunodeficiency syndrome in humans) and severe combined immunodeficiency SCID .

Therefore, increasing resistance, strengthening the immune system is an extremely necessary action to minimize the risk of disease for yourself.Let's refer to some simple but extremely effective measures below.

5 simple ways to increase resistance and immune system

Increase resistance by eating garlic



Garlic is a material capable of increasing resistance, strengthening the immune system that our ancestors have long encouraged to use.In garlic there is an ingredient called Allicin, it is known for its powerful antibacterial effect.In addition, garlic is rich in Phytonutrient, Garlicin and Selenium, substances that fight against many different diseases, especially the flu.

The best way to increase resistance is to eat fresh garlic.Eat 3–5 cloves of fresh or dried garlic every day or can be processed into garlic sauce, garlic wine, etc. to make it easier to eat.Or you can consult to buy black garlic making machines to make the whole family eat.Black garlic is a food with antioxidant, anti-disease and has many good effects for the human immune system.

Drink ginger honey to boost the immune system



Some people who are unable to cope with the unpleasant smell of garlic can use honey and ginger instead. Honey contains a lot of quick-absorbing sugars such as Glucose, Fructose, Maltose, Sucrose, amino acids, minerals, digestive enzymes . to help restore vitality, fight fatigue, and enhance resistance.

Fresh ginger is warm, spicy, aromatic, dried ginger is hot, aromatic, because ginger has antibiotics so the combination with honey, the effect of strengthening resistance will be many times higher.

Use multivitamins

Vitamins have a great effect in helping to strengthen the immune system, especially to strengthen the baby's resistance. Therefore, to want to be healthy enough to be able to fight bacteria, diseases such as Corona, pneumonia, flu . the first thing to do is to supplement vitamins, especially Vitamin C for the body.



Vitamin C is an essential micronutrients for the body with antioxidant properties and supports the immune system at the cellular level. Specifically, some cells in the body like phagocytes, their cells need vitamin C to perform their functions. Studies also show that Vitamin C can even prevent and even treat body infections.

We can get many vitamins, including Vitamin C, by eating lots of green vegetables and fruits daily. However, this may not be enough because the amount of vitamins in foods can be less or less lost during cooking as well as depending on the absorption of the body. So, in addition to eating lots of green vegetables and fruits, you can use some additional vitamins to supplement, help increase the body's resistance. However, as recommended by the Ministry of Health, some vitamins such as Vitamin C, the dosage should not exceed 200mg / day, otherwise you may experience some symptoms such as diarrhea, abdominal pain, nausea.

Exercise and sports



Being sedentary not only makes the body feel drowsy but also weakens the immune system and resistance. In contrast, even gentle exercise, such as brisk walking, helps stimulate white blood cells to work better, releasing endorphins that can reduce pain, stress and sleep. more, thereby improving immunity.

So, to help your body become healthier, no matter how busy you are, arrange time to spend about 15 minutes a day for exercising and exercising. Just a gentle yoga exercise but long time you will see the effects of it is amazing.

Avoid stress, stress

Stress, the stress resulting in prolonged insomnia, is also thought to be an indirect cause of resistance and immune system decline. When you do not get enough sleep, your body will gradually become tired, the nervous system has to work harder to maintain the alertness of the body, leading to pressure on other parts, making the immune system gradually. disorder.



Therefore, one of the common ways to increase the body's resistance is to get enough sleep, avoid stress, and excessive stress. You can apply many ways such as: Maintain exercise every day, build a scientific schedule, balance the time of work, study and rest . In addition, before going to bed you can light scented candles, use an oil burner and listen to a melodious song to relax your soul.

Above are the most common and simple methods to boost the immune system and body's resistance, try to apply and feel its effectiveness. Wish readers always have a healthy body to study and work effectively.

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