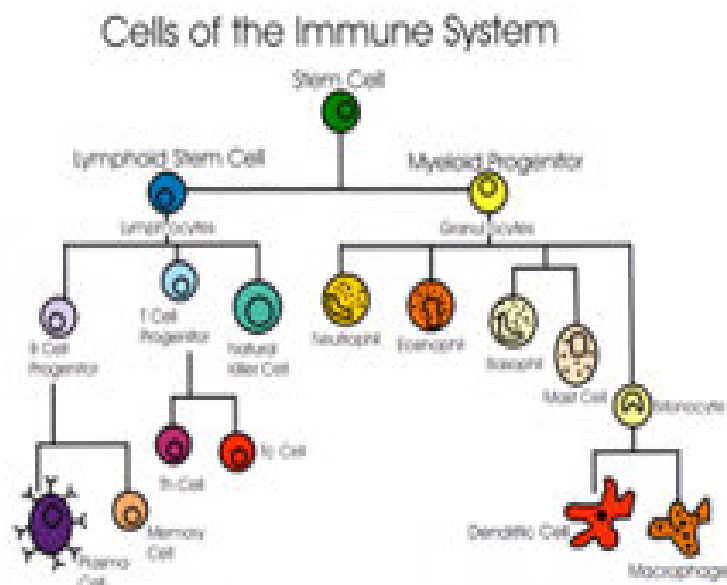


Try These to Give your Immunity a Boost



A healthy immune system is an aggressive age fighter that helps keep us feeling good, looking good and bustling with energy. If the immune system functions properly, we can put our health-related worries to rest. But as we age, our immune system, like an ageing cricketer, loses some of its vigour.

This amazingly complex defensive unit gradually deteriorates and its ability to tackle invading organisms fades out.

The immune system comprises millions of cells having many specialised roles. The immune system reaches its optimum level just about the time you touch puberty. While some declines in immunity may be a natural part of the process of ageing, experts says that adopting a few lifestyle changes can keep your immunity on your guard for a longer period of time.

Let's take a look at some ways and means to boost the body's natural defences:

Bust that Stress: Stress has been found to stifle the immune system. Emerging evidence also supports the theory. Scientists have propounded that steroids are produced by the adrenal glands during times of stress and they are eventually released and affect the activities of immune system cells. To get rid of that stress try exploring interesting options like playing with kids or pets, watching a comedy movie, reading an enjoyable book, travelling etc.

Eating the Right Stuff: The kind of diet we subscribe to directly affects the immunity. Specific nutrients play categorical roles in pushing the immunity up and down. It's very important to pump up your iron as it is a vital nutrient to enable the immune system to nab intruders. Mineral nutrients like magnesium, zinc and selenium are of paramount importance for upping the immunity levels. Among the vitamins, Vitamin A, B6, C, D and E are your immunity's best friends.

Stay Fit: To keep your immune system at its best, try sweating out a bit (if not a lot). Walking, jogging, swimming or cycling for 20 minutes a day can help you strengthen the vigilance of the immune system to a good extent.



Kick the Butt: Tobacco smoke is composed of formaldehyde, a chemical that makes us susceptible to respiratory ailments. Giving up smoking is strongly advised if you have a weak immunity.



Sleep Tight: While several parts of the body take rest during sleep, the immune system still remains active. So it has less competition for the nutrients needed to strengthen the disease-fighting mechanism. Six to eight hours of sleep is what we definitely need to better the immune system.

