How To Boost Your Immune System

Here Are 5 Ways To Improve Your Immune System



1.) FOODS TO BUILD IMMUNE SYSTEM

- [ ] The best way to boost your immune system is probably the simplest. Eating fruits and vegetables Will help your body in so many ways.

2.) DRINK LESS ALCOHOL

- [ ] Reducing your daily alcohol consumption will have positive effects on your body as a whole. Drinking makes your immune system have a harder time fighting common disease like flu and infections.

3.) EXERCISE

- [ ] 20 minutes of daily exercise is enough to keep your immune system and body healthy. It does not necessarily need to hit the gym any possible time you are free. You could run, try yoga, HIIT at home or any other sport.

4.) GET ENOUGH SLEEP, REDUCE STRESS LEVELS

- [ ] Sleep reduces the stress levels, and that has a direct effect on your immune system. Basically, getting enough sleep translates in you to be healthier, and be better protected from infections and diseases.

5.) QUIT SMOKING OR RED UCE IT

- [ ] Smoking causes you prolonged infections and catching them much more frequent. Also, it destroys vitamin C and other antioxidants that kill cells responsible for causing cancer.

6.) VITAMINS THAT BOOST IMMUNE SYSTEM

- [ ] The vitamins that are most important for your immune system are vitamin C, vitamin E, and vitamin B6. Almonds are also a great source of vitamin C and vitamin E, which is essential for your immune system.

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