# 10 Ways to Boost Your Immune System While at Home

10 immunity boosters you can try at home. There are many factors that can strengthen your immune response, and some of them may surprise you. While a balanced diet and regular exercise are essential, they are just two of the effective ways you can maximize your healing powers



- [ ] Laugh. A good laugh burns calories, boosts your heart rate, and strengthens your immune system.
- [ ] Think positive. A cheerful attitude is one of the best defenses against illness.
- [ ] Drink tea. Consider trading in your second cup of coffee for a helping of tea. It's full of phytochemicals and other substances that help to prime your immune system for action.
- [ ] Eat organic. Organic foods are devoid of pesticides and toxins which can lower the immune system's ability to resist infection
- [ ] Eat probiotics. Foods rich in probiotics like yogurt, kimchi, sauerkraut and miso have been associated with a lower rate of respiratory and gastrointestinal infections.
- [ ] Avoid overtraining. Daily exercise strengthens your body, but overdoing it can leave you weaker than when you started. Set aside adequate time for rest and sleep.
- [ ] Sun. Hold onto your sunscreen to protect y m skin cancer and premature aging, but small amounts of sunlight will give you the vitamin D you need for healing.
- [ ] Listen. Losing yourself ih music is a constructive way to manage stress than can otherwise undermine your immune system.
- [ ] Reduce noise. Unpleasant background noises can compound daily stress.
- [ ] Connect. Isolation is also hard on your immune system. Call or video chat with family or friends.

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