

How to Build Your Immunity



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Let us look at the importance of a strong immune system.

We live in an evolving world where the increase of pollution, antigens, bacteria, and other unknown airborne particles unseen to the human eye is constantly invading our human system and causing illnesses from mild to life-threatening.

If we are unable to fend off these invasions by not having a strong immune system, we are easily susceptible to illnesses affecting most of the primary organs that keep us alive.

First, we need to focus on the health of our digestive system and gut health as 80% of the immune system is in the gut. By consuming a nutrient-rich diet that includes essential vitamins, minerals, probiotics, and antioxidant-rich foods, we can effectively increase our immunity to support our overall health and well-being.

In the following pages, you will find the highlights on these three topics below on how to build our immunity.

1. Consuming a nutrient-rich diet
2. Engaging in Regular Exercise daily
3. Making Healthy Lifestyle Choices

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1. Nutrient-Rich Diet:

Your diet plays a crucial role in shaping your immune health. To fortify your body's defences, consider incorporating the following:

Vitamins and minerals: These are the building blocks for a healthy immune system.

Vitamin C: This powerful antioxidant supports the function of immune cells. Found in citrus fruits like oranges, grapefruits, and lemons, as well as strawberries, bell peppers, and broccoli.

Vitamin D: Essential for immune function, you can get it from fatty fish (like salmon and mackerel), fortified dairy products, and exposure to sunlight.



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Vitamin E: This vitamin enhances immune function and is found in nuts, seeds, and spinach.

Zinc and iron: Crucial for the development of immune cells. Found in lean meats, seafood, beans, and nuts.

Probiotics: These beneficial bacteria support gut health, which is closely linked to immunity.

Include foods like yoghurt, kefir, sauerkraut, kimchi, and miso in your diet. These fermented foods promote a healthy balance of gut bacteria.

Antioxidant-rich foods: Antioxidants help neutralize free radicals, protecting your cells from damage.

Regularly consume berries (blueberries, strawberries, raspberries), dark chocolate (in moderation), and green tea. These are packed with antioxidants like flavonoids and polyphenols.



2. Regular Exercise

Physical activity is not just about keeping fit; it also significantly impacts your immune health.

Moderate activity: Engage in activities that elevate your heart rate without overexerting yourself. This includes brisk walking, jogging, cycling, and swimming.

Regular exercise helps to flush out bacteria from the lungs and airways, reducing your chances of getting a cold or flu.

It also promotes the circulation of white blood cells, which are critical for fighting infections.

Consistency: The key is to stay active regularly.

Aim for at least 30 minutes of moderate physical activity most days of the week. Incorporating physical activity into your daily routine, such as taking the stairs instead of the elevator or walking during lunch breaks, can make a significant difference.



3. Healthy Lifestyle:

A healthy lifestyle encompasses various aspects that contribute to a robust immune system.

Adequate sleep: Quality sleep is non-negotiable for a strong immune system.

Aim for 7-9 hours of sleep per night. During sleep, your body produces and releases cytokines, proteins that target infection and inflammation.

Develop a regular sleep routine by going to bed and waking up at the same time every day. Create a restful environment by keeping your bedroom cool, dark, and quiet.



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Stress management: Chronic stress can suppress your immune system, making you more susceptible to illness. Practice stress-reducing techniques such as yoga, meditation, or engaging in hobbies that you enjoy. Activities like deep breathing exercises and mindfulness can help lower stress hormones in your body.

Stay hydrated: Proper hydration is essential for overall health and immune function.

Drink plenty of water throughout the day. Hydration helps in the production of lymph, which carries white blood cells and other immune system cells. Aim for at least 8 glasses of water a day.



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Additional Tips

Beyond the basics, there are other strategies you can employ to bolster your immune system.

Limit alcohol consumption: Excessive alcohol can weaken your immune system. Stick to moderate drinking guidelines—up to one drink per day for women and two for men.

No smoking: Smoking damages your lungs and weakens your immune response. If you smoke, consider quitting to improve your overall health.

Hygiene practices: Simple habits like washing your hands regularly and avoiding touching your face can prevent infections.

By integrating these practices into your daily life, you can build a resilient immune system capable of warding off illnesses.





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Thank you for downloading this short guide highlighting the main points to support you in your self-care journey. If there is anything specific that you would like to know then please send your message to my social media platform,
@indolgencewellbeing -Instagram

You can get in touch on @VitalityVibes on TikTok.

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