

Physiobiz

LET'S IMMUNE BOOST!

Your immune system is your body's way of defending itself against disease and infection. Our immune systems may be boosted in many ways. Vaccinations, for example, help to build immunity against specific diseases. We will discuss some additional ways that you can strengthen your immune system to stay healthy this winter.

“You start treating your body right and your immune system is better.” - Aaron Bruno

Eat well



A balanced diet aids in allowing our immune systems to function optimally. This works by avoiding immunodeficiency due to malnutrition or micronutrient deficiencies. Malnutrition or a diet lacking in one or more nutrients can impair the production and activity of immune cells and antibodies.

Get enough sleep

Sleep is a time where the body is able to reset. During sleep a certain type of cytokine is released by our bodies. This cytokine assists in fighting infections. Too little or lack of good sleep may result in lower levels of cytokines and other infection-fighting cells!



Stress



Chronic stress has been linked to higher levels of inflammation. Stress causes the release of cortisol. Raised cortisol levels for extended periods of time may weaken your immune system.

Get moving

Exercise works in several ways to improve your immune system. Firstly, it improves your mental health. This leads to lower stress levels and an improved immune system. Exercising also causes the release of cytokines. Regular exercise therefore allows this immune fighting chemical to shut down infections. Regular exercise also promotes good circulation which allows the immune system chemicals to get to where they need to be more efficiently!

