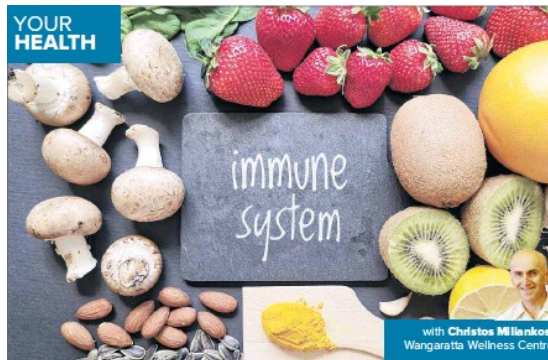


## Boost your immune system naturally in summer too

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HAPPY New Year and best of health to you all.



It hasn't been the easiest start to the New Year with many people across our state contracting COVID.

The best thing you can do to protect yourself from viruses, colds and flu year-round is to focus on strengthening your immune system naturally.

Whilst the immune system is a complex and dynamic process, many factors can impact on optimal function. This may include poor dietary or lifestyle choices, inadequate sleep, stress, lack of exercise, or environmental toxins.

Once the immune system is overburdened it is unable to mount efficient immune defence responses, meaning you are more susceptible to colds, flus and other viruses.

Natural Immune Boosters:

### Healthy Diet

A diet that emphasises fresh wholefoods, nutrient rich foods, antioxidants and adequate water consumption, in combination with the reduction of caffeine, sugar and refined products is essential to increase your body's production of compounds necessary for strong immunity.

My personal favourite is adding raw crushed garlic to foods and consuming soups and nutrient rich smoothies.

### Exercise

Regular exercise will improve immunity and aid the elimination of wastes through the circulatory and lymphatic systems.

It's what you do most of the time that counts - so even a 15 minute walk every day is better than a long walk every now and then. Stress Management Stress can have a negative impact on immune function, thus implementing stress management techniques such as meditation or relaxation acts to improve immune function.

### Quality Sleep

Inadequate sleep impairs your body's ability to produce immune cells.

Sleep is vital for the body's ability to regenerate and recover from infection.

Good Hygiene Keeping good hygiene practices such as regular hand washing and sanitising is necessary to prevent reinfection and infection of others.

Herbs and Supplements There are many herbal and nutritional supplements that enhance immunity to prevent or reduce severity of infection.

Some major players include vitamin C, vitamin D, zinc, fish oils and probiotics.

Immune stimulating herbs that act to reduce inflammation and infection include Echinacea and olive leaf.

For your personalised immune support protocol consult with Christos Milankos at the Wangaratta Wellness Centre (03) 5798 3344.