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Promoting holistic wellness and boosting immunity amid the pandemic

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IT'S been two years since the COVID-19 pandemic broke out in the Philippines. Today, the public is slowly regaining their lives by going outdoors and engaging in the activities they once loved. Yet this slow reclamation of freedom and mobility shouldn't be why people become complacent with their health.



The public should continue approaches to combat COVID-19 and stay healthy despite the global health crisis.

Dr. Emmanuel U. Sarmiento, the top US-based immunology expert, believes that when it comes to health, people should prioritize their immune system because it's their first line of defense against viruses, diseases, and other ailments.

On April 2, Sarmiento, with professional experts in nutrition and fitness, collaborated with Essential for Daily Living to hold the Boosted and Fit in the Pandemic forum, held at the Estancia de Lorenzo, The Luxe Pavillion, San Mateo, Rizal, to educate the public about maintaining a holistic approach to health in the new normal.

When it comes to combating COVID-19, the most feasible approach is getting vaccinated and practicing health protocols. But to boost one's immune system and prevent the effects of other diseases, people need to follow a healthy lifestyle where they get enough exercise, rest, and nutrition.

Good nutrition is a known secret that helps people stay fit and healthy, especially during a pandemic. Julianne Malong, a registered nutritionist and dietitian, shared during the event that good nutrition comes from eating the right food and steering clear of unhealthy lifestyle practices, like smoking, excessing drinking, low physical activity, and excessive salt intake.

Meanwhile, Nix Quejada, a fitness coach, shared that dieting won't be efficient if a person doesn't partner it with exercise.

Exercising, for him, is a balancing act that people can easily do even from the comfort of their homes. But for maximum results, he advises people to choose the time of day where they're most comfortable moving around, try two to three movements that engage them in physical activity, and record their progress to see how far they've come.

Apart from the ways mentioned, another way to boost one's immunity is by taking competent immunity boosters.

"Supplements are critical because there is something called micronutrient malnutrition. You can feel healthy, but if your body is not taking the right amount of micronutrients from the food you eat, then you can still get malnutrition," Sarmiento said.

In search of a solution, Sarmiento researched, developed, and formulated Essen Immunoboost SP, a supplement manufactured in the USA and designed with natural active components that work on a cellular level to support the proper function of immune cells.

Immunoboost contains scientifically curated ingredients, including vitamins A, C, D, E, B6, and B12, Thiamine, Zinc, Selenium, ginger, and turmeric.

However, boosting one's immunity isn't enough to achieve holistic wellness. It also involves solving existing physical conditions to be more productive and fit. Sarmiento developed the Essen Fit capsule, a combination of powdered mangosteen and turmeric, to boost energy, enhance recovery, and encourage weight loss to complete a healthy and holistic lifestyle.

Essen Immunoboost SP and Essen Fit are available in many leading drugstores nationwide and on immunoboostsp.com, essen.ph, or edl-store.com.