

5 TIPS TO BOOST YOUR IMMUNE SYSTEM

Defense Against COVID-19 Starts at the Cellular Level

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Taking care of our health as a preventative measure is always important. However, the global pandemic of COVID-19 has made it more urgent than ever. While the scientific community is still learning about the disease, strengthening our immune system is a way to help our bodies fight any kind of illness.

Changing simple behaviors and habits, even when we know they will improve our overall health, can still be challenging. Take a few minutes to reflect on your habits, lifestyle and health. How well are you already caring for your immune system? What are you willing to change to make improvements if needed?

1. What is your bedtime routine? How many hours of sleep do you usually get? Do you wake up in the middle of the night? If you think you need more hours of sleep each night, or improved sleep quality, make this a priority. Reducing nighttime TV viewing and starting your bedtime routine earlier is one way to make more time for sleep.

2. Did you know that water helps our bodies flush out toxins and bacteria that can cause illness? How much water do you usually drink each day? Could using a refillable water bottle throughout the day help remind you to drink more water?

3. Does your emotional balance tip more often to feelings of stress or of peace? Did you know that feelings of constant stress, even low-level anxiety, can suppress your immune system? What relaxation techniques work best for you when you are feeling stressed? How can you remind yourself to do these things more often to maintain a state of greater calm?

4. Foods that are processed, packaged and/or high in sugar often taste good. But sugar suppresses the body's immune system for up to five hours after it is consumed. How often do you indulge in sugary treats? Do you use snack foods and desserts to cope with stress? If so, what are some other foods or activities that would be a healthier alternative for stress relief?

5. Movement releases feel-good hormones like dopamine. How often do you exercise? How much do you move in the course of a typical day? What are some simple ways you can move more while still maintaining social distancing?
