

# HOW TO BOOST YOUR IMMUNE SYSTEM

Tips, Food, Meal Plans, Vitamins,  
Supplements, & Lifestyle



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# **How to Boost Your Immune System: Tips, Food, Meal Plans, Vitamins, Supplements, & Lifestyle Guide**

By Stephen Berkley

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# **Introduction**

## **How to enhance your body immune system**

### **Lesson no. 1**

The coronavirus outbreak has negatively affected the entire world, particularly health practitioners who are the first responders to suspected viral cases. When you are a physician, you are more vulnerable to contracting the illness because of exposure to the virus and providing care for patients who are sick. Taking the necessary measures to shield yourself from the infection through the enhancement of your body's immune health is wholly needed.

Stay active. If you partake in physical activities, this can help boost your immune system in numerous ways. Lots of researchers have demonstrated that exercise enhances both the metabolic and immune systems. Frequent exercises step up the production of T-cells and antibodies in your body, making them increasingly circulate.

Furthermore, it is useful in expelling toxins from the body, which helps in energizing your cells plus your metabolism. Frequent exercise also reduces the stress hormones of the body – plus adrenaline as well as cortisol, providing added strength to the immune system.

Even a simple thing such as sweating is great for your body's immune system. Each time that you sweat, the body reacts in the same way as it has a fever. When you elevate your temperature levels, you help the body kill off pathogens.

Based on a recent observation, exercise for a minimum of 5 days per week minimizes the possibility of becoming infected with upper respiratory tract infection by almost 50% compared when you are inactive. The exercise routine also caused the symptoms to be less severe – by 32% to 42% - which relates to the person's level of physical fitness.

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