

## How to Boost Your Immune System During the Cold and Flu Season

*According to the MyFitnessPal.com blog, there are ways to boost your immune system to avoid colds and flus this season. Here are some strategies. (To see the full article, go to: <https://blog.myfitnesspal.com/7-immune-system-boosters-for-cold-and-flu-season/>)*

### **DRINK MORE WATER!**

Drinking enough water keeps your energy level up, but it also allows your body to eliminate toxins out of your system faster. This improves your immune system's ability to fight infection. You can also get H<sub>2</sub>O from soups, celery and other vegetables, and fruit.

### **GET ENOUGH SLEEP**

Not getting enough sleep can lower your immunity because your body isn't getting enough restorative time to fight off a cold virus.

### **CUT BACK ON ALCOHOL**

Drinking too much alcohol can cause dehydration, poor sleep and inadequate nutrition intake. All this can have a negative impact on your immune system.

### **WASH YOUR HANDS OFTEN!**

Frequently washing your hands with soap and water can help prevent infections because so many everyday items you come in contact with have germs that could make you sick. That includes touching doorknobs, elevator buttons, shopping cart handles and other items. Of course, you can always carry antibacterial wipes with you when you're out and about!

### **BOOST GUT HEALTH**

John Hopkins University School of Medicine researchers report that a large part of our immune system is in our gastrointestinal tract. Cells lining the gut are responsible for producing antibiotics that fight off bacteria and viruses. The answer? Eat more probiotic foods, such as yogurt and sauerkraut; and increase your intake of vegetables.

### **EXERCISE MORE**

Exercise can improve how our body's immune system fights disease. Physical activity helps flush bacteria out of the lungs and increases our body temperature – a process that can prevent bacteria growth.

### **KEEP YOUR HANDS OFF YOUR FACE!**

Think about this: how often do you touch your face? Probably more than you realize. Well, stop it. Germs can easily enter the body through the eyes, nose and mouth. And, while you might wash your hands often, germs can still accumulate on your fingers in between washing.