

# Strategies to Boost Your Immune System



## Increase daily physical activity

Physical fitness is correlated with a reduced duration of respiratory infections and less severe cold symptoms. Aim for 120-150 minutes of moderately vigorous exercise per week. Practice strength training 2 times per week.

## Eat a healthy, nutrient-rich diet

Vitamin C helps your immune system fight off colds faster. Other micronutrients like vitamins A, B, E, zinc, and iron help increase immune cells and decrease risk of viral, fungal, and bacterial infections.



## Quit smoking and drinking alcohol

Smoking and abusing alcohol increases the risk of contracting pneumonia. Try nicotine patches to overcome cigarette cravings. Limit alcohol consumption to one drink per day for women and two drinks per day for men.



## Manage your stress

Chronic stress kills immune cells called lymphocytes and increases inflammation. By reducing stress, you lower your risk of contracting colds and upper respiratory infections. So practice mindfulness, connect with friends, and enjoy the outdoors!



## Get plenty of sleep

Aim to get 7-9 hours of sleep per night. Having a calm and sleep-friendly environment is important for quality sleep. By prioritizing sleep, your immune system can better protect you against infections and prolonged colds.



# Double The Power Of Your Immune System

**SA Adler**



**Double The Power Of Your Immune System:**

## Unveiling the Magic of Words: A Overview of "**Double The Power Of Your Immune System**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Double The Power Of Your Immune System**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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