



Boost your immune system

Your immune system is your body's natural defense system. It protects you against bacteria and viruses, and when you're ill, it fights infection and helps you to get better.

As cold temperatures set in, runny noses and sniffles are everywhere. Here are a few tips on how to boost your immune system...



Brush and floss

Dental health is essential for a strong immune system. Keep your gums healthy as oral bacteria may enter your bloodstream through small ulcers that develop in the gum tissue.



Exercise and light

Exercise supports the immune system by decreasing stress hormone production. Just 30 minutes, five times a week, will do wonders. Exercise outdoors increases your exposure to natural light which produces vitamin D.



Cut down on caffeinated drinks

Instead, drink lots of water, unsweetened fruit juice and herbal tea. If you drink coffee, make sure you add an additional two glasses to your water intake per cup.



Nutrition

Eat a wide range of fresh fruits and vegetables and go for seeds, cold-pressed oils, protein-rich foods, whole grains and fish. It is important to give your body all the natural vitamins and minerals it needs during the winter season. Salt-water fish provides not only protein, but also omega 3 fatty acids, and fish oil reduces inflammatory reactions.



Drink plenty of water

Without it your system becomes sluggish, to say the least! Most headaches occur because, despite the number of reminders, people still are not drinking enough water.



Nurture yourself

Laugh, meditate, play music and dance. Make sure you take time to yourself, spend some time with friends, and indulge yourself with a massage or a hot bubble bath. Create a space within yourself for harmony, self-love and joy. When you're happy, you're far less likely to get sick.