

COVID-19 – Top tips to boost your immunity

At times like this, people are continuously looking for ways to boot their immune system, there are a number of things you can do to benefit your health.

The best way to boost your immune system is to choose to adopt a healthy lifestyle. If you follow general good health guidelines that is without a doubt the best single step you can take towards keeping up your immunity naturally.

The body is built up of a number of different systems e.g. respiratory system, digestive system etc. and one of those systems is your immune system. Just like the rest of your body it functions at peak when you look after it as best as you can. You can do this by using basic health strategies on a daily basis such as:

- Not smoking.
- Eating a diet high in fruits and vegetables. (A balanced diet) restrict fat and sugar intake.
- Exercising regularly.
- Maintaining a healthy weight.
- If you drink alcohol, drinking only in moderation.
- Getting a good night's sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly. (Even more important under the circumstances we are currently in).
- Get regular health checks.
- And try to minimize stress where you can.

The best part about adopting the above is it will boost every system in your body and not just your immune system.

Improving your immune system with herbs and supplements

In today's world you can walk into almost any shop or browsing online and be greeted with numerous different types of supplements and health miracles. We are bombarded on a daily basis on what we should and shouldn't be taking to keep us healthy. This is inclusive of supplements/herbs to boost our immune system, they claim to boost your immune system to stop you getting ill and thus far some have been found to alter some components of immune function, however, there is no evidence to

suggest that they actually bolster immunity to the point you are better protected against infection and disease. It is a highly complex matter when talking about enhancing immunity.

However, if you suspect that your diet is not allowing you to gain all of the nutrients needed, perhaps you are on a special diet or you don't like certain food types then taking a daily multivitamin may bring health benefits. Overdosing or taking a big dose of vitamins could have negative side effects so always be sure what you are taking, always check with your doctor or pharmacist and never take anything that you are unsure about. Remember to follow NHS guidance [NHS guidance](#) and a very interesting read by the NHS: [Supplements, who needs them?](#)

Myth buster

Having a more active immune system means you will be healthier – Ever heard the saying too much of a good thing is a bad thing? The same goes for your immune system. A hyperactive immune system is responsible for allergic reactions to ordinary non-toxic substances.

More than your recommended daily allowance of vitamins and minerals will improve your immune system - As discussed earlier if your body does not need the supplements then there is no evidence that extra would be of benefit to you. However this should always be discussed with a health professional.

Many vaccinations carry health risks – In life there is always an element of risk connected to the things we do but the risk of a serious reaction to a vaccine is very small in comparison. Please see the NHS pages for more information on vaccinations [vaccination video](#).

For further information and some great tools and articles on boosting your healthy lifestyle please visit www.carefirst-lifestyle.co.uk and ask your organisation for you username and password if you are not already registered.