

5 Tips to Maintain or Create a Healthy Immune System

1. Good quality sleep is essential to a person's long-term health. Consider that nearly all the healing that takes place in our body and brain occurs when we sleep. So if a person does not get a good night's sleep, the immune system is weakened.
2. Vitamin C is one of the biggest immune system boosters of all. In fact, a lack of vitamin C can even make you more prone to getting sick. Foods rich in vitamin C include oranges, grapefruits, tangerines, strawberries, bell peppers, spinach, kale and broccoli. Daily intake of vitamin C is essential for good health because your body doesn't produce or store it. Supplementation with vitamin C is often needed to optimize the immune system. Here are a few tips for choosing an effective vitamin C supplement. First, look for one with ascorbic acid. Then look for 3 or more of these nutrients that are found in foods with vitamin C – rose hips, acerola cherry, bioflavonoid concentrate, rutin, hesperidin, and citrus pectin. Your body can "tell" you how much to take. How? Begin with 500 mg/day. Gradually increase the amount until you develop a loosening of your poop. That tells you how much your body needs.
3. Another essential aspect of keeping your immune system strong is to drink enough water. Here's how to figure out how much you and your immune system require. What is your weight? Divide that by 2. For example a person weighs 160#. Divide that by 2 = 80 oz. Since 1 quart of water equals 32 ounces, that person would require close to 3 quarts of water daily. That does NOT include coffee, tea, or any other beverages, only water!
4. Vitamin D deficiency is prevalent because very few foods contain vitamin D and most people do not allow sunshine to strike their skin. Why is that important? Well, when sunshine touches the skin, it causes your body to

convert cholesterol into vitamin D. And since we now know that all cells in our body have vitamin D receptors, vitamin D is more correctly called a hormone. Purchase a liquid form of vitamin D-3. Take daily along with 1 meal that contains fat because vitamin D is a fat-soluble nutrient. A healthy range of vitamin D to take is 1,000 to 5,000 IU daily. Ask your doctor to check your blood level of vitamin D.

5. Eat lots of brightly colored vegetables and fruits. How much is a “lot”? One serving with breakfast, 2 servings with lunch, and 2 servings with dinner.

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<https://health.clevelandclinic.org/3-vitamins-best-boosting-immunity/>