



Secure Tomorrow

Minet

Aon | Global Network Correspondent

WAYS TO BOOST IMMUNITY

Building strength against COVID-19



As scientists scramble to develop a vaccine and antivirals, many experts are suggesting a holistic approach to general health maintenance. A positive immune response can be essential to staying healthy. This will not only help people in the long-term, but it will also help the fight Covid-19 if they get it. Diseases disrupt the stability of the internal environment, while the immune system helps to maintain it.

WHO gives advice on how to boost your health to fight Covid-19 as below:

- i.** Eat a healthy and nutritious diet, which helps your immune system to function properly. Include lots of vitamin C because it helps build up your immune system since it is thought to increase the production of cells. This includes; grapefruit, oranges, tangerines, lemons, limes clementine's
- ii.** Ginger is another ingredient many turns to after getting sick. Ginger may help decrease inflammation, which can help reduce a sore throat and other inflammatory illnesses. Ginger may also help decrease nausea.
- iii.** Go for the garlic since it is a broad-spectrum antimicrobial agent and immune booster. Do not cook it. Because heat deactivates a key active ingredient, add it to foods just before serving.
- iv.** limit your alcohol consumption, and avoid sugary drinks
- v.** Do not smoke, as smoking damages your lungs and can increase your risk of developing severe disease if you become infected with Covid-19
- vi.** WHO recommends 30 minutes of physical activity a day for adults, and one hour a day for children while keeping a safe distance from others. If you're working at home, make sure you do not sit in the same position for long periods. Get up and take a three-minute break every 30 minutes.
- vii.** While its normal to feel stressed, confused and scared during this pandemic. Talking to people you know and trust can help and get enough sleep

References

- 1.<https://www.straitstimes.com/singapore/health/coronavirus-who-gives-advice-on-how-to-boost-your-health-to-fight-covid-19>
- 2.<https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system>