

3 NATURAL WAYS TO BOOST YOUR IMMUNITY AT HOME

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The ongoing global pandemic of coronavirus disease has driven teachers, parents, and students back to their homes where they can remain safe from the virus and the people who may have contracted it. Since there is not a cure for the virus yet, it is advised to boost ones' immune system to defend themselves once one has contracted the virus. The good news is, there are ways to stay healthy while staying at home.

Start moving that bod

Staying at home does not mean you do not have to move, too. Firing up the body through exercise is one way to boost immunity. As people get older, the immune system deteriorates, making it difficult for the body to fight against new viruses. This is referred to as immunosenescence. However, with exercise, the efficiency of the human immune system is improved as it activates billions of immune cells throughout the body (Gluck et al., 2020).

There is no need for expensive equipment. Walking for more than 10 mins inside the house or climbing up and down the stairs every day is enough to pump the body and allow for blood circulation. Any physical activity that can make one sweat, invigorate the muscles, and uplift stamina is enough to boost the immune system. The more the immune cells can circulate throughout the body, the more they can detect and attack foreign bodies. On the other hand, make sure to consider one's health history before indulging any further in vigorous exercises.

Include these food wonders in your meals

Garlic. This wonder food boasts antiseptic, antibacterial, and antifungal properties which help the body resist or destroy viruses.

Turmeric. Though this is a common ingredient in every home, this wonder food has more to offer. It is a natural antioxidant that neutralizes free radicals and helps the immune system function properly.

Probiotic Yogurt. Consuming this every day is one way to improve one's immunity. It contains billions of probiotics that help in strengthening immunity.

Lemon. This wonder fruit just like any other citrus fruit is a natural source of vitamin C. Vitamin C aids white blood cells to respond effectively against infections. Another reason to include lemons in your diet is that these fruits are natural antioxidants.

Ginger. Just like turmeric, ginger is a good remedy to boost immunity as it helps the body get rid of toxins.

Pineapple. This miracle fruit has a high concentration of vitamin C plus it has the enzyme bromelain which is excellent for boosting immunity.

There are a lot of other foods that will help our body's immune system however, one must be reminded that anything taken too much is never good for the body. Moderation and caution are advised.

Stay Hydrated

It has been said a lot of time but drinking enough water is one of the best ways to keep the body functioning normally. Although drinking eight glasses of water is the ideal water intake, one can start by drinking water first thing in the morning as the body gets

thirsty during the long hours of sleep. It helps not only the immune system but also boosts body metabolism, maintains body temperature, and flushes out toxins.

De-stress

With everything that is happening around, with all the work and house adjustments, financial difficulties, and limiting safety protocols, this pandemic has brought along not only a deadly virus but also a truck load of stressors. Acute stress may cause high blood pressure, diabetes, and cancer. These are not something anybody needs as people get older and as our immunity starts to decline. Now is the time to put down the gadgets, breathe fresh air and relax the mind, body, and soul.

Get enough sleep

One of the best things in life after a day full of stress is a good night's sleep. During the sleeping hours, the body is at its busiest state as the body rejuvenates and prepares the body for the day ahead. Seven to nine hours of sleep is ideal for an adult's body to get the energy and boost it needs.

Be kind

This may sound farfetched, but a study showed that empathy and psychosocial well-being are associated with lower levels of inflammatory markers while psychological ill-being switches on oxidative stress (Lee, 2020). This means that being kind lessens stress and less stress means a better immune system.

There are more ways to enhance the immunity system while being confined inside the house but nothing is ever achieved without a proper mindset and a deep commitment to staying healthy.

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