BOOST YOUR IMMUNE SYSTEM

Part 1

Are Multivitamins Effective in Boosting Your Immune System?

Many people are aware that vitamins are a big part of keeping your immune system working properly. From vitamin C to B6, they all play some kind of role in keeping your body disease free.

Many people get these vitamins from food, but others opt to get them from pills and gummies. Instead of taking a bunch of individual pills for the various vitamins you need, many have chosen to take one multivitamin pill, which contains all kinds of different vitamins in just one tablet.

Many researchers say that as long as you have a fairly healthy diet, you should be getting enough of most of your vitamins anyway. If you have a poor diet, it's probably best to actually just fix that instead of trying to supplement it with multivitamins.

Fixing your diet will help you lose weight and have a healthier heart, something that multivitamins will not do. While vitamins do certainly have their role, supplemented vitamins may not truly boost your immune system as well as natural methods, like getting them from fruit.

These researchers claim that you should be practicing a variety of other immune system hygiene in order to keep the viruses away in the first place. Overall, the consensus seems to be that multivitamins certainly won't hurt you, but you can't exactly expect to take them and have your immune system be impenetrable.

If you do take them and you have some sort of vitamin deficiency, then they will help keep your immune system operating well, but you should also be combining them with other methods of keeping yourself healthy, like proper hygiene and an improved nutritional plan.

This entire concept still requires more research to be done on the matter, as many scientists are still unsure of how exactly everything interacts with one another on such a microscopic scale.

They may be more effective than we currently know, so taking them is not a bad idea. You just can't expect them to make you impervious to diseases. Strike a balance between good habits and supplementing whatever your body is lacking.

You can find out what's lacking by getting a blood panel drawn. If you're low in certain vitamins, then you can either start taking a multi vitamin or supplement that one individual element instead. Ask your doctor for the most effective multi vitamin for you, depending on your gender and age, as well as your specific needs for supplementation in a certain area.

As You Age, Your Immune System Suffers More

As time goes on and you continue to age, your immune system becomes worse and worse. When you're still a baby, you have a pretty poor immune system, but that gets fixed within a few years and after you get adequately vaccinated.

However, once you start transitioning from being an adult to being a senior, that immune system continues to slow down more and more. One of the reasons your immune system doesn't work as well with age is that your production of white blood cells is slowed down.

Your body continuously produces these cells because they naturally die off and get recycled regularly, but as your production of them slows down, there won't be as many overall to replace the ones that die.

This leaves you with fewer cells to fight off incoming diseases than you would've had when you were younger, making it harder to stave off illness. Some research has found that you may have to get revaccinated after a certain age in order for them to retain their effectiveness.

Vaccines work by essentially giving your white blood cells something to practice on, a very small dose of the disease that they fight and then remember, so that next time they see it they identify it as a threat and take it out swiftly.

As you age, this "knowledge" doesn't quite get passed down as well through cells, and eventually they might "forget" that a disease they've encountered is an enemy. Another issue that your body may encounter with age is an increase in autoimmune diseases, meaning that your body begins to attack itself.

This occurs for a variety of reasons, but it means that your immune system begins to go after healthy body cells that are just doing their job, which can have both light impacts and serious ones.

When it comes to the parts of the immune system that are working properly, they tend to work less well with age. The white blood cells that do go to fight off infections and viruses will do so with less ferocity than they used to, meaning it takes a lot longer to get rid of an illness than it would have when you were younger.

Without the proper speed of an attack, the disease might get a foothold much easier and might have an easier time spreading and overtaking certain parts of the body. It's important for your longevity and quality of life to do everything you can to bolster your immune system as you age.

Avoiding Alcohol Could Perk Up Your Immune System

You may notice that after nights of heavy drinking, you get pretty sick. While it's common for people to get hangovers after nights like those, you may even notice things like flu symptoms afterwards, which isn't necessarily a part of the hangover.

In reality, heavy or consistent drinking can damage and impair your immune system, making you more susceptible to the common cold, the flu, and other diseases. One of the most common reasons why alcohol causes your immune system to fail is that it can lower your overall amount of white blood cells, which are a vital part of your immune system.

These cells are the ones that are responsible for fighting off any diseases that might make their way into your body, but you need to have enough of them. If you don't have enough, they won't be able to fight off the disease before it begins to replicate, at which point it will spread and you'll become sick.

Alcohol also effects the way that your remaining white blood cells act. It impairs them so that they can't adequately respond to threats like they would normally. This means that they might come across a disease in your body and not fight it or alert other white blood cells to it, allowing the disease to continue spreading without much resistance.

By the time your immune system catches up, it has a much harder fight on its hands, and the recovery will be delayed. In rarer cases, alcohol can also cause the body to defend against itself, through a variety of methods.

This causes your white blood cells to go after perfectly normal, healthy body cells that are supposed to be there, causing damage over time. This is a bit rarer than the normal immune system issues, but it can certainly occur over long periods of consistent alcohol consumption.

Fortunately, most of the damage to your immune system only lasts while you continue to drink, meaning that by stopping your alcohol consumption, you're going to be able to recover what you lost.

Even by just limiting yourself to one drink per night, you vastly improve your immune system's performance. In some studies, researchers have found that having a glass of wine every now and again can even help your immune system work more efficiently, so just be sure to not drink too frequently or too heavily if you want to stay healthy.

Can Essential Oils Boost Your Immune System?

Essential oils have been somewhat controversial in recent years. While some people swear by them, others have denounced them as being scams. There's some validity to both sides.

While some have had genuine success in using oils, there are people out there who market it to do way more than it actually can. Essential oils can help with a lot, but not everything.

Many people wonder whether or not these oils can help boost your immune system. Currently, the extent of the effect of oils on your immune system hasn't been very well researched.

It's still a fairly new scientific endeavor, even though people have been using them for years. Some recent studies have suggested that some essential oils do provide their fair share of benefits, while others might not be all that they've made themselves out to be.

One essential oil that research has found to be beneficial is eucalyptus oil. Tests showed that it helped reduce swelling and helped kill off bacteria, assisting in the fight against infections.

They found that it helped significantly in the respiratory system, which means that it could be used to help fend off strep and possibly keep pneumonia away. It's most recommended to take it via inhalation, using a diffuser to get it circulating in the air.

In a similar sense to regular ginger, ginger oil was also found to be helpful when it comes to sickness. Much like eucalyptus oil, it showed that it could effectively reduce swelling and help kill bacteria, though its area of effect was centered more on gut health than respiratory health.

This means that it can be helpful in calming an upset stomach among other things, and it didn't seem to upset any of the naturally occurring healthy gut bacteria that you want to have.

Many people seem to misunderstand the point of essential oils. You have to use them properly, by diluting them the right amount and by taking them the right way. Consuming too high of a concentration can be dangerous, but as long as you follow the instructions you'll be just fine.

Essential oils do that same thing for your immune system that eating certain fruits and vegetables does: they boost your immune system. This does not mean that they're a guaranteed solution for an existing illness, but they can just help prevent it from occurring in the first place. If you do get sick, you should still seek medical attention if it's serious.

Can You Boost Your Immune System When You’re Already Sick?

There’s never a bad time to try to boost your immune system, and that includes while you’re already sick. It might seem redundant to some people to try to boost it after you’ve already been infected, but even while you’re sick, your immune system is still working hard to tackle the existing illness and prevent any other ones from sprouting up, so it’s important to keep it healthy.

The first thing you should do is continue following almost all of your existing immune boosting practices. This means continuing to eat healthy and maintain good hygiene, but you can skip out on things like going to the gym if you feel like you might be contagious.

If you’re sick, it doesn’t mean that those practices have failed, it just means that something slipped past. If you don’t already practice a lot of immune system improving things, then there are plenty of ones that you can start doing even though you’re already sick.

For example, you can start taking additional immune system supplements like zinc. These supplements will help your immune system strengthen up so that it can reduce the severity and duration of your symptoms.

You should also be sure to get a lot of rest during this time. When you get sick, the last thing that you want to do is push yourself. Instead, you want to let your immune system take over and do its thing uninterrupted.

You shouldn’t go out and work hard at the gym or have a wild night out with your friends - just stay at home and get a lot of sleep. Your body is able to focus more of its attention on taking out the virus or infection while you’re resting, making the illness pass quicker.

One of the most important things that you can do while you’re sick for other people is to not spread whatever it is that you have. The last thing you want to do is run around coughing without covering your mouth or contaminating other people’s things, resulting in them getting it, too.

Keep your hands washed thoroughly and avoid too much contact whenever possible. Keeping your immune system healthy is very important when you’re sick. You can imagine that your immune system and the disease are in a hard fight, and by boosting your immune system, you’re giving it the advantage in the fight. The end result is a faster recovery for you with fewer symptoms.

Cold Showers May Improve Your White Blood Cell Count

While most people enjoy nice, warm, cozy showers, it actually might be a bit better for you to take cold showers in order to give your immune system a boost. In general, this is in reference to any showers where the temperature is below room temperature, so it doesn't exactly have to be freezing, but it shouldn't warm you up either.

The first thing that cold showers do to help your immune system is improving your circulatory system. You may have heard of athletes doing something similar after major events or long training sessions by taking ice baths in order to recover faster.

It's the same principal, but focusing on a different aspect of it. Instead of recovery, the benefit of boosting your circulation for you is that your body is going to be pumping a lot more blood through your system fast, so any diseases are more likely to be found and they'll be dealt with faster.

In some cases, this improved circulation has been found to correlate with better skin health and with a happier mood. Another benefit of taking cold showers is that it essentially shocks your system, which can both wake you up and help your immune system.

You might have noticed that splashing some cold water in your face can help you perk up if you're feeling lethargic, but you might not have known that it also helps you stay healthy by energizing various immune system cells.

Many people are hesitant to the idea of taking cold showers because it's pretty uncomfortable. Nobody likes getting in the shower while it's still ice cold and hasn't warmed up yet.

Fortunately, you don't have to do that in order to reap the benefits of cold showers. Instead, for the last few minutes of your shower, you can turn it from your desired heat down to the cold temperature, giving your body that same kind of shock that benefits you in so many ways.

One thing that you should be hesitant about is that a cold shower is certainly not going to be the sole thing responsible for you being healthy. In addition to things that have been proven to help, you can take cold showers and do many kinds of different things, but don't expect them to do as much good as getting enough vitamins will do for you, because they're just not quite comparable.

Diseases That Negatively Affect Your Immune System

Some of the worst diseases that you can get are those that turn your own immune system against you. There are diseases out there that will cause your body to betray itself, causing your white blood cells to damage other parts of your body because they get confused on what they're supposed to be going after.

These diseases, known as autoimmune disorders, can be very serious if not treated, and put your immune system at serious risk. One autoimmune disease that you've likely heard of is type-1 diabetes.

Type-1 is differentiated from type-2 by the fact that type-2 comes from being unhealthy and eating excessive amounts of sugar, while type-1 is genetic and unavoidable for most people.

Type-1 diabetes causes your immune system to go after the parts of your body that produce insulin, which regulates your blood sugar levels and helps your cells make use of it for energy.

Without insulin, your body will not use the sugar properly, and you can very easily lose consciousness, so those afflicted with this disease need to inject themselves with doses of insulin.

Lupus is a very serious autoimmune disease if it's not treated. Essentially, your body will target certain tissues and begin to fight them, causing irritation and rashes to spring up in various places.

It can affect anything from skin and joints to your heart or lungs. Untreated, this disease is very serious, and can certainly be deadly. However, with treatment, the symptoms can be heavily reduced, though they can never be fully healed.

One autoimmune disease that's typically experienced by older people is rheumatoid arthritis, or RA. This disease causes your immune system to go after the soft lining of your joints, which can be very painful and cause inflammation in that area.

This can make things like walking difficult if it's in your knees or picking things up hard if it's in your elbows or wrists. The reason these diseases are so dangerous is that they're typically chronic, meaning that they don't just pop up and go away like the flu does.

Instead, they're something you have to deal with for prolonged periods of time, and once you get it, your immune system is going to be far less effective, making you more susceptible to things like pneumonia, the flu, and the common cold. By treating the symptoms, you're able to relieve this problem somewhat, but many autoimmune diseases are never fully cured.

Does a Lymphatic Massage Help Boost Your Immune System?

The concept of lymphatic massages has been going around lately as a means of helping boost your immune system. You may have heard about them and heard people talk about the benefits of them, but some find it hard to believe that you can boost your immune system through a simple massage.

To understand what this massage aims to do, you first have to understand to lymphatic system. If you haven't heard of the lymphatic system, you may have at least heard of lymph nodes.

These are a crucial part of your immune system for many reasons. For one, they contain lymph, a fluid which holds B and T cells, which are the ones responsible for targeting and killing off diseases, respectively.

This is your body's primary means of killing off illnesses. The other thing that your lymphatic system does is filter out anything that isn't supposed to be there. Dead cells, extra nutrients, and diseases are all filtered out of the blood by your lymph nodes.

The clean lymph fluid returns to the blood while all of the unwanted stuff that got filtered out goes on to get flushed out of the body. This is where the lymphatic massage comes into play.

This massage aims to essentially force the body to filter things through the lymphatic system, eliminating any existing threats much faster. The concept is that it'll clear the diseases out of your system before they're able to start replicating and causing an actual issue.

While there are many methods that have been tried and true, this method is still fairly new and doesn't have much actual scientific research to back it up yet. There are studies being conducted to learn more.

All in all, the massage is just accelerating a natural bodily process, and we don't really know if that's a good thing or not just yet. It's highly unlike that this will hurt you, as it's been shown in some cases to help with things like swelling.

Overall, if you want to try it, it's not going to hurt you, and many have said that it's nice and refreshing – not to mention stress relieving due to the relaxing nature of it. However, it shouldn't be relied upon for immune system improvement by itself. You'll want to incorporate many different tactics to help boost your immunity to disease and infection.

Does Eating Yogurt Help Fortify Your Immune System?

Yogurt is a well-known health food, and that's for good reason. There are many benefits to eating yogurt, when it comes to your diet and when it comes to your immune system. Given that it's so versatile, you should be able to work it in without much trouble, and it can be added to all kinds of meals in order to give you a nice healthy boost.

Something that yogurt is best known for is the presence of probiotics. Many people know about probiotics and know that they're good for you, but don't quite know exactly what they are.

If you didn't already know, you have a lot of bacteria in your digestive tract, and that's a good thing. Without that bacteria, you wouldn't be able to digest your food and you would fall ill very quickly.

This gut bacteria is very important to digestion and to your immune system. Probiotics are microorganisms which help your gut bacteria stay healthy, and they can help restore your bacteria if it has started to lessen in numbers.

Probiotics are entirely safe to consume, and there have been very few cases of them causing any kinds of issues with people. Not all yogurt contains probiotics, so you'll want to make sure it says that it has live cultures on the container.

There are a few other health benefits to yogurt, as well. It contains a good amount of protein, making a good snack for when you return from a workout. Protein is very important for your health because it's what your body uses as a foundation for almost all cells, especially those found in your muscles.

Without ample protein, your body won't be producing very strong cells, which results in a weaker immune system. Yogurt also provides you with some much needed micronutrients, namely zinc and vitamin A.

These micronutrients provide your immune system with important components that it will use to make and enhance your white blood cells, which are responsible for fighting off diseases.

You can easily incorporate yogurt into a shake, mixed with fruit, mixed with nuts, and all other kinds of things. It's fairly cheap to get and has a rather neutral flavor if you get it plain. This means that it can be added to just about anything within reason in order to give your immune system a small boost, especially for your gut health.