

5 Tips to Boost Your Immune System

It is that time of year again... when cold weather sets in, and runny noses and sniffles are just around the corner. Here are some basic tips to help you fight off the upcoming cold and flu season.



1. Exercise Regularly. Staying active is one of the most powerful ways to stimulate your immune system.

2. Get Enough Sleep. Sleep has been linked to balanced hormone levels, keeping weight down, clear thinking and reasoning, and improved mood.

3. Limit your caffeine intake and drink more water... with a twist of lemon. Caffeine dehydrates your body, robbing it of important vitamins and minerals. Drinking water with lemon juice helps healthy bacteria to survive and destroys other harmful viruses.



4. Eat a well-balanced diet. Protein is the building block for a healthy mind, body and immune system. Fruits and veggies contain many vitamins and minerals to help protect the cells in your body.



5. Manage the stress. When stressed, your body releases more hormones that decrease your body's ability to fight off infections. Listen to your body and give yourself time to relax and de-stress.