



## 10 HEALTH HABITS TO BOOST YOUR IMMUNE SYSTEM

***In a pandemic that mostly affects people with immunity problems it is always best to take some measure to boost your own immune system, mental and physical health in general. Here are some useful ways of boosting your immune system and preventing illness:***

### **1. Make nutrition a priority.**

Making nutrition a priority is something that you need to constantly pay attention to. Eating healthy without panic buying during a pandemic is possible. You only need to focus on food that you normally eat especially if you are already eating well. If you are not, then you can start doing so and avoid overstocking on high carb food. Making nutrition a priority during a pandemic means making sure everyone in the house eats healthy by having a balanced diet.

### **2. Buy nutrient-rich foods.**

Nutrient-rich foods such as beans or lentils, whole wheat foods, and foods high in fiber should be on your grocery list. The best thing about such foods is that they can be prepared in various ways and they can be mixed with other foods. You not only enjoy your meal, but you get the complete nutritional benefits as well.

### **3. Eat more fruits and vegetables.**

Fruits and vegetables are excellent sources of high-nutrient foods that will keep you healthy during a pandemic. There are many concerns that may arise when it comes to best ways of consuming your fruits and vegetables, such as safe ways of washing and preparing them. Nonetheless, this is not something that you need to worry too much about. Experts say that there is no need to panic. Continue washing your fruits and vegetables the same way you always do. There is no need for using sanitizers to wash your fruits and vegetables like most people assume.

### **4. Stay Hydrated**

Drinking lots of water will keep your body hydrated and will drain any accumulation of bacteria or viruses in your mouth or throat. Avoid drinking sugared or soda drinks- the sugar will only contribute in dehydrating your body.

### **5. Maintain a good hygiene**

Washing your hands thoroughly or staying clean is a great way of ensuring perfect health. You are advised to wash your hands for 20 seconds with soap or using an alcohol-based sanitizer. Staying clean also involves focusing on keeping your house clean and getting rid of clutter. Make sure you emphasize cleanliness to your kids and help them clean up. Let them tidy up their rooms and arrange their toys every night before going to bed.

### **6. Avoid physical contact or touching your face**

Health professionals advise that you should avoid touching your face during an infection outbreak. This is because touching your face can lead to major infections or the spread of viruses and bacteria which can affect your immune system. Minimize contact with others as well to prevent risks of contamination.

### **7. Home workouts.**

Exercising from home is also a great way of staying healthy during an outbreak. When your physical body is fit, the mind is also fit, and this plays a huge role in your ability to stay healthy even during the most menacing outbreaks. Remember to stay hydrated throughout your exercise routine.

## **8. Get quality sleep**

Amid the constant negative news around, people tend to stay awake, worrying or watching the development of the pandemic. Remember that sleep is essential to help the body restore and regenerate itself. So try to sleep at a decent time with at least 7 hours of good quality sleep. You will wake up feeling rested and to face the challenging day.

## **9. Natural supplements**

Natural supplements have proved time and time again to be effective in boosting the immune system. Natural supplements like ginger, essential oils, lavender, coriander and more have proven healing and immunity boosting properties. Vitamins also help to supplement the body's daily vitamins and minerals intake and prevent you from easily catching infection and falling ill.

## **10. Keep track of your health**

Another way to stay on top of your immunity is by tracking your vital health signs. Following simple things like body temperature, blood pressure and glucose levels can help you stay on top of the situation and seek care on time instead of waiting until you have been affected by an infection.