

# Tips to **BOOST** your **IMMUNE** **SYSTEM** **NATURALLY** in winter



Just the way flowers need water to flourish and a car needs an oil change to run well, going into the winter months, your body might need a boost of goodness and support.



## **Drink a lot of herb tea**

Winter is the time when we love drinking cups of tea and coffee. However, if you want to boost your immunity, include a lot of herb tea in your diet. Green tea and chamomile tea are great immune boosters as these are loaded with powerful anti-oxidants.



## **Include a lot of citrus fruits in your diet**

Citrus fruits such as grapefruits, lemons and oranges are packed with Vitamin C. Eating Vitamin C rich foods play an important role in preventing infections such as cold and flu. As your body can't produce Vitamin C on its own, it is necessary to stock up on Vitamin C by including fruits and vegetables, which are rich in immune-boosting vitamins.



## **Stay hydrated**

You easily get dehydrated during winter, which makes you vulnerable to a lot of diseases. Water produces lymph, which plays an important role in carrying white blood cells and other immune system cells. Staying hydrated will ensure that your body produces immune-boosting cells to ensure that you stay healthy during winter. If you don't like drinking plain water, you can add a slice of lemon to provide your body an extra dose of vitamin C.





### **Add herbs to your diet**

Another way to increase your immunity is to include herbs in your diet, especially during winter. Include onions, garlic, black pepper, ginger and turmeric in your food during winter. You can use these herbs either in cooked or dried forms depending on your preference. Herbs and spices such as oregano, cayenne pepper and turmeric are rich in anti-inflammatory properties and rich in vitamins which help in boosting your immunity.



### **Include whole foods in your diet**

Your immune system needs a lot of nutrients such as Vitamin A, C, D, and E as well as minerals and zinc to support your immune system. This is the reason why you need to focus on eating whole foods such as whole grains, nuts and seeds.

## **OTHER DISEASE FIGHTERS**

- + Carotenoids** (in yellow, orange and red fruit and vegetables) act as antioxidants that kill invaders.
- + Vitamin B6** (in nuts, spinach and potatoes) promotes the production of white blood cells.
- + Folates** (in pulses and lettuce) also increase white blood cell activity.
- + Vitamin C** (in fruit and vegetables) is a powerful antioxidant and raises antibody levels.
- + Vitamin E** (in wheat germ, whole grains and vegetable oil) stimulates immune responses.
- + Selenium** (in tuna, eggs, whole meal breads) is another antioxidant that attacks invading bacteria.
- + Zinc** (in seafood and eggs) promotes healing and is a defense against the common cold.
- + Garlic** is a natural antibiotic and antioxidant.