Health Awareness Month: Navigating the Flu season

As we step into the colder months, Health Awareness Month serves as a perfect reminder to focus on boosting our immune systems before the "flu season" arrives.

Your immune system is your body's natural defense system. It protects you against bacteria, viruses and other germs, and when you're ill, it fights infection and helps you to get better.

Here are some tips to boost your immune system:

Water
Getting enough water every day is important for health. Drinking water can prevent dehydration, which may cause unclear thinking, mood change, overheating, constipation, and kidney stones. Water has no calories, so replacing sugary drinks with plain water can help reduce caloric intake.

Brush and floss
Dental health is needed for a strong immune system! Keep your gums healthy as oral bacteria may enter your bloodstream through small ulcers that develop in the gum tissue.

Nutrition
A well-balanced diet rich in specific nutrients can boost your immune function and overall health. Let's take a look:

- Foods high in vitamin C, such as citrus fruits (oranges, lemons, and grapefruits), strawberries, and bell peppers, are known to improve the production of white blood cells, which are important for fighting infections.
- Eating foods rich in antioxidants, like berries, nuts, and green leafy vegetables, can help protect your body from stress and inflammation.
- Fermented foods, including yogurt, and sauerkraut are excellent for your gut health.
- Foods high in zinc, such as legumes, seeds, nuts, and whole grains, support your immune function.
- Omega-3 fatty acids, found in fatty fish (like salmon and mackerel), flaxseeds, and walnuts, have anti-inflammatory properties.
- Drink plenty of water. Why? It washes germs away, it removes toxins, it flushes waste from your body, and it helps your body to absorb vitamins and nutrients.

Exercise and sunlight

Did you know that exercise slows down the release of stress hormones? Just 30 minutes, five times a week, will do you wonders! Boost your vitamin D levels by exercising outdoors in direct sunlight. Vitamin D helps with bone health, immune function and fights inflammation.

Nurture yourself

Laugh, meditate, play music and dance. Make sure you take time to yourself, spend some time with friends, and indulge yourself with a massage or a hot bubble bath. Create a space within yourself for harmony, self-love and joy. When you're happy, you're far less likely to get sick!

By using these tips, you can help strengthen your immune system and reduce your risk of getting flu!

If you have any questions, talk to a healthcare professional at a Platinum Health medical facility near you!

Source

https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html#:~:text=Water%20helps%20your%20body%3A%201%20Keep%20a%20normal,of%20waste%20through%20urination%2C%20perspiration%2C%20and%20bowel%20movements.