

How to Boost Your Immune System in 5 Simple Steps

A healthy immune system works efficiently to keep you healthy. It requires proper nutrition and exercise to fight sickness and disease. Your immune system can be your best friend that has your back when attackers come. It will defend you against microorganisms and germs that want to invade your body causing infection, disease and discomfort.

With a stronger immune system it will boost the ability to fight immediate threats from infection and disease and it will also neutralize abnormal cells that might become cancerous. A strong immune system is critical to a healthy life.

In this guide you'll discover how to boost your immune system and keep it as strong as possible.

Step 1 – Sleep

You must get plenty of sleep and for most people seven to eight hours a night is what is needed. Being tired weakens the immune system and for healthy folks increases your chance of developing a flu or cold. For the less healthy folks a weaker immune system reduces the body's chance at healing itself or at least feeling better. It is imperative that you get enough sleep daily.



When your body is under attack from medical treatments and exposure to toxins it demands sleep and possibly this means that you have to get MORE sleep than you normally do. Trying to make up lost sleep is not as good as getting the sleep you need in the first place.

If you have trouble sleeping, reduce the noise and light in your room, keep to a regular bedtime and implement a relaxing getting ready for bedtime process. Make sure you don't eat or drink an hour before bedtime since an active digestion may keep you awake. Reduce the stress in your life. Being stressed increases restlessness.

Step 2 – Increase Water



This is so important and most people don't do it. You should drink a glass of water every 1 to 1.5 hours!! It's free and probably one of the most important substances that your body needs to heal and be healthy.

Your body is made up of over 70% water and needs water to control body temperature, transport nutrients to all your organs, transport oxygen through the body, protect your body and one of the most important, to remove waste. Your blood is over 80% water and requires an adequate amount to do it's job – move nutrients, oxygen and antibodies. Your brain is also over 80% water and the brain controls the body via the nervous system that is a system of waterways that the electrical signals travel. This is so critical that current research shows that the lack of clear communication may be the root cause of many nervous system disorders.

The recommended amount of water is computed by taking your body weight and dividing it by half so a 160 pound woman should drink 80 ounces of water at a minimum. More is necessary for optimum health and for any healing processes to be successful. Again, so drink a glass of water every hour you are awake!! More if you are working out or in a very hot environment. Drink water instead of soda or caffeinated drinks. Soda and sugary drinks in addition to having too much sugar actually dehydrate the body, as does coffee.

Step 3 – Open Up Your Food Choices

This is one of the most important steps!! You've no doubt heard the saying "you are what you eat" well it has also been said that what you've eaten in the past is a cause of the problems you have now. It's time to implement the absolute best eating habits!!

Adopt healthy eating habits by eating a balanced diet full of good nutrition. Excellent nutrition is a fabulous natural way to boost your immune system. Fruits and vegetables contain plenty of antioxidants, necessary to improve the immune system after cancer and to fight infections.

Eat more fatty fish and Omegas-3 fatty acids and this increases the white blood cell activity that act as immune boosters.

Eat more garlic. The health benefits of garlic have been proven in laboratory findings. Garlic contains allyl sulfur compounds and have been shown to 1) reduce carcinogenesis, 2) reduce tumors and 3) reduces polyps that are considered precursors to cancer. Garlic, is in the onion family, are full of antibacterial qualities that are natural antibiotics, immune builders and antioxidants. Garlic also has been shown to help rid the body of fungi and parasites. Garlic keeps platelets from sticking together and clogging blood veins.



I know you've heard this advice many times and I get the question "How do I know I'm getting a *BALANCED* diet?" so often that it is very apparent that most folks don't know if they are eating a balanced diet. I know there is a food pyramid but unless you are really on top of things and log in what you eat mostly you don't know how you are doing on a day to day basis.

Step 4 - Add Vitamin and Mineral Supplements to your Diet

Would you say that people are more or less healthy than in the past? Many would argue that folks are less healthy and place the blame in a few directions:

- Lack of vitamin rich food – reduction of fertile farmland and over planting of crops in existing farmland reduces the vitality of our food
- Increase of poisons and hormones – pesticides, fertilizers and growth hormones leading the list of toxins that effect our health
- Less time cooking and preparing of family meals – increase of fast foods, and prepackaged meals means meals are full of sugar, fat, sodium and preservatives
- Cost of organic foods means those less fortunate have less choices of healthy food

A large portion of our population is deficient in most of the essential nutrients. This is mostly due to the reasons listed above in addition to the simple fact that they are not paying attention. How many people look at the nutritional content of the foods they do eat and then plan the rest of the days meals around the missing nutrients? Additionally, the aging process typically reduces the body's ability to properly absorb the nutrients consumed in the diet so fewer nutrients get in (period).

To help alleviate this major problem is pretty simple in concept but hard in practice.
Folks need supplemental vitamins, minerals and other nutrients.

Take vitamin supplements, essential components the body needs and mostly cannot provide for itself. Vitamins C, E, B6, carotenoids, zinc, omega-3 and selenium, are proven to improve white cell production and strengthen the immune system. Always talk to your doctor about taking supplements.

Vitamin C is one of the most popular immune system booster. Vitamin C helps to strengthen the immune system by increasing the activity of killer white cells and lymphocytes within the body. Vitamin E and B6 also increases the killer white cells and helps to increase the production of B-cells that help to produce antibodies. Carotenoids increase the natural killer cells, acts as an antioxidant, and protects against by stimulating immune cells called macrophages that kills cancer cells.

Minerals like zinc increase the production of white blood cells and killer cells and studies have shown zinc supplements can slow the growth of cancer. Zinc deficiency increases with age. Omega-3 fatty acids are immune boosters. Selenium is a mineral that increases cancer fighting cells.

Step 5 – Reduce Sugar and Get to Your Right weight

Cancer loves sugar so if you dislike Cancer then don't feed it. Too much sugar suppresses the immune system. Improving your immune system improves your overall health. You have to be vigilant on this step. Because sugar is addictive Food manufacturers have added it to more foods than ever. You have to become a label reader, sometime "healthy" snacks have way too much sugar. You need to choose healthy snacks instead of candy and other sugary treats. Replace snacks with fruits and vegetables.



Lose excess body fat if you have it. Being overweight or obese slows the production of white blood cells and that weakens the immune system. Studies have shown that decreasing body fat by just 5 to 10 percent is a significant difference and will help increase antibody production. Increase you weight if you are underweight. Being the right weight will aid all your body functions.

Step 6 - Add Natural Herbs and Alternative Naturopathic products

There are many natural herbs and alternative products available, so much so that it can quickly get very overwhelming. Here are three of the best –

CoQ10 is getting a lot of press. This nutritional supplement is an antioxidant and there are reports of it helping with many cancers. The substance is used to help the body create energy. Many Cancer patients have been shown to have a lower level of CoQ10 so that is why the advice to take it is given.

Echinacea is a popular natural herb that has been studied extensively. It is an immunostimulant, an immune system booster and stimulates the lymphatic immune system. It is also more than just a booster, some evidence shows that Echinacea stimulates killer white blood cells and interferons that actually fight and kill germs!

Astragalus is a popular supplement for the immune system. Astragalus enhances the effectiveness of many components of the immune system, including the levels of antibodies in the blood. Astragalus has anti-biotic and anti-viral effects. It is a beneficial supplement for those whose immune systems are compromised, such as persons with chronic disease and autoimmune disorders.

Of course there are many others, and what follows is just a short list:

- Cat's Claw
- Siberian Ginseng or Ginseng Root
- Ginkgo Biloba
- Golden Seal

Warning: Those under any medication or treatment should consult with a physician before adding these supplements into their diets, because ingredients may react with certain medications

Mistakes Or What Not To Do

Not making any changes in your eating

Not resting or sleeping more

Overdosing on sugar – two sodas containing sugar reduce the effects of white blood cells by 40%.

Too much alcohol. Just like overdosing on sugar, too much alcohol also reduces the immune system's ability.

Being fat or obese leads to having a weakened immune system.

Congratulations! You are well on your way to boosting your immune system to optimum health! If you are a Cancer Warrior then keep doing what you are doing – searching and learning. There are so many different paths to take and you will need

to be open minded. But, also be careful you don't jump from one thing to the other. Typically with nutritional products, consistent use will yield maximum results.

Warmest regards,
Rose Ragan

P.S. We would love to hear your comments about this guide, so if you prefer to email rather than blog, send your comments to ufirst.rose@gmail.com Please visit our website for more information about our story, our Mother's battle against cancer updates, and the best products that we found and put into use. Please visit www.CancerWarriorMom.com today. We'd love to hear from you so please share with us.

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