

IMMUNITY BOOSTING STRATEGIES THROUGH WISE FOOD CHOICES

Yes, food does influence immunity, so as you choose daily foods, be wise... choose foods that strengthen your immune function. You can experience the positive results.

Here are some suggestions for choosing health-filled foods:

1. **Choose unprocessed, whole foods:** Food like fresh fruits, fresh vegetables, whole grains, beans, lentils, tofu, nuts, seeds and nut butters. Add an abundance of onions and garlic to savory dishes. Avoid chemicals, preservatives, trans fats, MSG (and other names for it, such as autolyzed yeast) and dyes. A good rule of thumb is if you can't pronounce it, don't eat it. The less-processed foods and the fewer ingredients in prepared products will generally mean healthier eating habits.
2. **Avoid corn syrup or white table sugar.** The immune system is weakened in less than 30 minutes by eating simple sugar. Even, one teaspoon of white sugar suppresses immunity for up to six hours.
3. **Choose healthy sweets** – Sweets should be consumed with extreme moderation when you're feeling well and completely avoided if you're fighting a cold. The immune system is weakened in less than 30 minutes by eating simple sugar. Even one teaspoon of white sugar suppresses immunity for up to six hours. An over-consumption of sweets will decrease your white blood cell count, making it difficult to fight infections.
4. **Avoid artificial sweeteners.** If in doubt, do some reading and research to discover the significant health problems caused by these chemicals.
5. **Choose water and herb tea.** Increase water intake as soon as you feel the first sign of a cold. "Drown it!" Many herb teas are filled with antioxidants that promote health. Try drinking 4 or 5 cups of steeped herb tea for the sore throat or achy feeling. **AVOID** carbonated beverages and soft drinks which have negative effects on health.
6. **Choose to eat less.** Overeating and high-calorie intake are linked to depressed immune response. Weight management is important, since being more than 20 pounds overweight has been shown to suppress overall immune function. By consuming fewer calories per day (for those who tend to be overweight) T-cell function and thymus gland can improve, resulting in a more active immune system.

Adapted from <http://appliedhealth.com/4-ways-to-boost-immune-system/>