

It's the Season for a Healthy Immune System

It's the Season for a Healthy Immune System It's that time again! During the shorter cooler days of fall and winter, our lives tend to step up a bit, and our immune strength is often put to the test. We all tend to see a little less 'down' time come September, as kids return to school and everyone seems to gradually move back indoors. Strengthen your Immune System With the changes in temperature, increase in stress, and closer contact with kids and colleagues, it's no surprised that the seasons of fall and winter have become synonymous with the seasons of cold and flu. However, if you can effectively strengthen your immune system, the increase in these common illnesses doesn't necessarily have to knock you off your feet. If a cold or the flu does sneak up on you, a little support for your immune system can go a long way to help minimize the uncomfortable symptoms of these nasty invaders. There are a few simple things you can do to prevent illness and to minimize symptoms if you do get sick: Drink enough water and hydrating fluids, get plenty of rest, and keep your immune system healthy. A healthy immune system is fundamental to overall health. It is comprised o a complex network of tissues, organs, cells, and chemicals that occur naturally in our bodies. When functioning well, the immune system works to protect the body from the bacteria and viruses we are exposed to every day. The common, uncomfortable symptoms associated with colds, flu and allergies (itchy, watery eyes, sneezing, mucus production, and scratchy throat) are a result of the immune system responding to germs that would potentially harm the body. Symptoms of decreased immune function include getting frequent colds, flu and infections. It's important during this time of year to get restful sleep, engage in moderate exercise, and maintain a healthy weight. Choosing the Right Supplements Nutritional supplements are often considered when trying to support immune function. Scientific research indicates that multivitamins promote healthy immune function in most people. In 2001, a study conducted with adults over the age of 65 demonstrated that supplementing with a multivitamin containing trace minerals such as zinc and selenium and antioxidants like vitamin E could strengthen immunity, and a study in younger adults from 2002 supported the use of a daily multivitamin with trace minerals for healthy immune function. Be sure that you choose a high quality pharmaceutical grade vitamin/mineral complex, such as Body Wise AM/PM Right Choice Vitamins and Minerals. Research further indicates that herbs and homeopathy can support immune health, and nutritional supplements are available to support the immune system. Ai/E10 is a powerful antigen-infused bovine colostrum/whey extract designed to provide potent immune system support. Plus, the Ai/E10 blend contains immunoglobulins (antibodies), growth factors, various proteins, and enzymes indicated for supporting and strengthening the immune system. Immune factors can help balance and support a healthy immune system. Body wise has three powerful products that support the immune system: AG-Immune, NK-Immune and Relief Spray. See [http://keepushealthy.com/general-nutrition-information/immun e-health](http://keepushealthy.com/general-nutrition-information/immun-e-health) for more information on the immune system. Contact us: lorraine@keepushealthy.com

About the Author

triad media INC [It's the Season for a Healthy Immune System](#)-

Source: <http://www.articlegods.com>