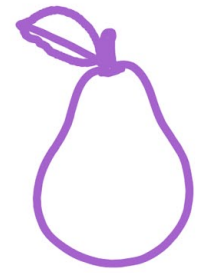


Top Tips

Boost Your Immune System



We all know that schools are a breeding ground for germs. Sniffles and sneezes spread around classrooms like wildfire! But, there ARE things that you can do to help your immune system to keep some of those bugs at bay.

Eat Good Food

It's not rocket science, but it IS rocket fuel. What you put into your body, fuels your machine for the rest of the day, so make sure that the meals you eat every day include plenty of fresh vegetables and healthy fats. If you notice your blood sugar dipping, keep healthy snacks on hand, such as nuts and raisins. The nutrition that you get from whole fruits and vegetables is great for keeping your body strong. Many vitamins, including vitamin C, are antioxidants that will protect cells (including those of your immune system), from damage by toxins in the environment.

Check Your Vitamin D

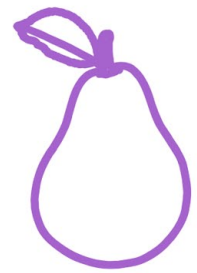
Vitamin D is our very own sunshine vitamin. Some trials suggest that individuals with the lowest levels of vitamin D have the highest rates of serious illness and infections. You can get Vitamin D naturally by exposing your arms and face to the sun for 20 minutes daily, but good dietary sources include good old fashioned cod liver oil, egg yolks and fatty fish like salmon. Getting your vitamin D level checked is a simple blood test from your doctor.

Get Enough Sleep

We all need different amounts of sleep in order to function well the next day. Many of us are suffering from sleep deprivation and are running on a sleep deficit. Whatever amount of sleep you need to feel refreshed in the morning, whether that's 6 hours or 10, make sure you get this as often as you can. Insufficient sleep depresses the immune system, meaning that you will be more vulnerable to picking up any infections that are around. And remember, cut down on stimulants after 6pm - caffeine, alcohol and nicotine all keep us awake and can prevent us dropping off into a restful sleep.

Top Tips

Boost Your Immune System



Wash Your Hands

It goes without saying that you should wash your hands often during cold and flu season, especially when the children are coughing and sneezing. When you're unable to wash your hands, it's a good idea to keep a hand sanitizer on you during flu season.

Drink Plenty of Fluids

Drinking our 8 glasses of fluid a day doesn't have to mean drinking glass after glass of water. Green, red bush or herbal tea are super immune-friendly ways to consume water. Good hydration is even more important when you're sick. Fluids not only transport nutrients to the illness site, but also take toxins away for disposal. To assess whether you are getting the right amount of water, your urine should be between light yellow and dark amber coloured. If it is clear, you are drinking too much water and slowing your metabolism down. If it is very dark, you are not drinking enough fluids.