

How to boost your immune system : Corona era

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Abstract

This time is very dismal time because Corona virus case are rapidly increase, In this time their are no exist vaccine but going on experement different different country. But till now not achive the target (Vaccine Vaccine Corona virus), We can avoid this corona virus by increasing the immune power of our body.

1 How to boost your immune system

your safe framework makes a noteworthy showing of guarding you against malady causing microorganisms. In any case, here and there it falls flat: A germ attacks effectively and makes you wiped out. Is it conceivable to intercede in this procedure and lift your resistant framework? Imagine a scenario where you improve your eating regimen. Take certain nutrients or home grown arrangements? Make other way of life changes in the desire for delivering a close immaculate safe reaction? he idea of boosting your immunity is enticing, but the ability to do so has proved elusive for several reasons. The immune system is precisely that — a system, not a single entity. To function well, it requires balance and harmony. There is still much that researchers don't know about the intricacies and inter connectedness of the immune response. For now, there are no scientifically proven direct links between lifestyle and enhanced immune function.

But that does not mean the effects of lifestyle on the immune system aren't intriguing and should not be studied. Researchers are exploring the effects of diet, exercise, age, psychological

stress, and other factors on the immune response, both in animals and in humans. In the meantime, general healthy-living strategies are a good way to start giving your immune system the upper hand.

- Take Turmeric milk.
- Do not smoke.
- Lemonade with hot water.
- Eat a diet high in fruits and vegetables.
- Use of hot spices such as garlic, ginger, cinnamon, cloves, etc.
- Regularly exercise.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Do not take stress.
- Try to minimize stress.

2 Diet and your immune system

Like any fighting force, the immune system army marches on its stomach. Healthy immune system warriors need good, regular nourishment. Scientists have long recognized that people who live in poverty and are malnourished are more vulnerable to infectious diseases. Whether the increased rate

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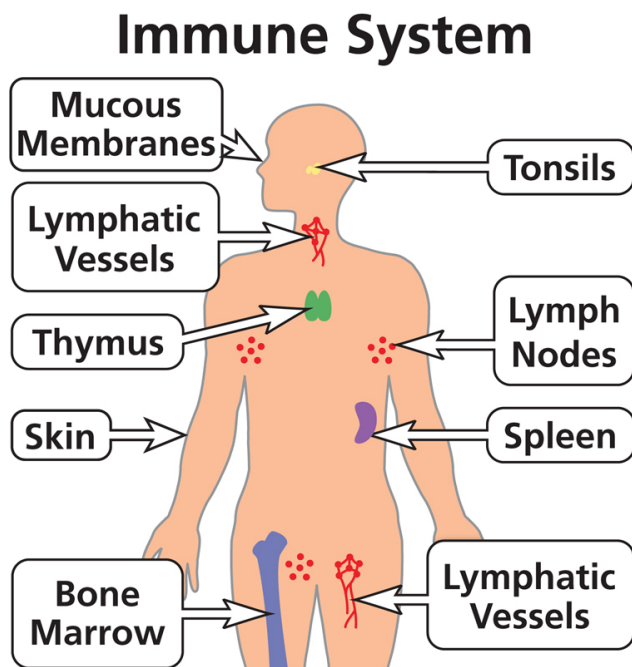


Figure 1: Immune System: Source U.S. Department of Health and Human Services

of disease is caused by malnutrition's effect on the immune system, however, is not certain. There are

There is some evidence that various micronutrient deficiencies – for example, deficiencies of zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, and E – alter immune responses in animals, as measured in the test tube. However, the impact of these immune system changes on the health of animals is less clear, and the effect of similar deficiencies on the human immune response has yet to be assessed.

3 How To Check Your Immunity Weak Or Strong

During the corona transition period, the system or system of the body that has received the maximum attention from people, is our immune system i.e. our immunity i.e. immunity. It is our immunity that protects us from diseases. It fights toxins like bacteria, viruses, fungus and protects our body

still relatively few studies of the effects of nutrition on the immune system of humans.

from getting sick. If our immunity is strong, then viral infections like cold, cough remain far away from us.

Strong immunity also protects against lung, kidney and liver infections, hepatitis and other serious diseases. It is being said from the beginning about corona virus infection that whose immunity will be weak, there is a greater risk of infection. Due to this, all doctors, specialists and health agencies are advising to keep immunity strong.

Actually, there are many infectious elements or pathogens around us. We have no idea and we take it with food and drink. In a pollution-filled environment, we breathe and absorb harmful substances. However, even after this, if we do not get sick, the reason behind it is our strong immune system. At the same time, those whose immune system is weak, they can not tolerate even a slight allergy and fall ill in such conditions. While blood reports are often made to know how a person's im-

munity is, but due to the weakening of the immune system, our body also starts giving many signals. Do you get sick often, or get sick sooner than others? If so, your immunity is weak. There are many other signs of this, such as-

- Often complains of colds
- Frequent cough or sore throat.
- Chronic fatigue, lethargy.
- Do not heal a wound for a long time etc.

Skin rashes can also be a problem due to the immune system. Frequent gingivitis, mouth sores, UTIs, diarrhea, etc. are also symptoms of weak immunity. Sleeplessness, depression, and dark circles are also a sign of weak immunity. Some of us get sick due to slight changes in the weather. This happens due to the effect on body temperature. Some physician explains that for a strong immune system, the normal oral body temperature should not be below 36.3 ° C.

According to physician, cold-virus viruses survive at 33 degrees. If the temperature is right, it will not affect your body. He told that by practicing yoga every day, you can keep your body temperature right and this will keep your immunity. He also recommends the use of hot spices such as garlic, ginger, cinnamon, cloves, etc. In the Corona era, most people have understood the importance of vitamin D. Vitamin D strengthens our immunity, but is lacking in most people. The easiest source of this is sunlight, from which we are deprived. The way people used to sunbathe in the first winter, now it is not possible. That is why a vitamin pill is needed.

4 Conculsion

Take the good food as milk, turmeric, vegetable, always use the ginger, garlic, cloves etc. always avoid the smoke, alcohol and do not take unnecessary pills, always take the doctor's advice then take the medicine.

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