



# HEALTH AWARENESS

## Tips On Keeping Your Immune System Strong

(NAPSA)—Maintaining proper health and protecting against infection requires a strong and healthy immune system. Keeping the immune system working at its peak level is something most of us should consider long before the start of cold season.

"It is believed that our immune system is easily affected by a number of factors, such as diet, stress levels, environment—even the medications we take," says Suzy Cohen, R.Ph., noted pharmacist and author of "The 24-Hour Pharmacist" (HarperCollins, 2007).

Cohen offers the following tips on how to build up your immune system before the cold season kicks in:

- **Get moving:** Studies have found that moderate exercise provides a boost in the production of immune cells and circulates them through the body at a much quicker rate than during inactive times.

- **Manage stress:** High levels of stress, even in the short-term, can be "toxic" to the immune system. Some easy ways to manage stress include exercise, yoga, meditation or other deep breathing exercises. Reading, listening to calming music and taking time to enjoy your hobbies are recommended.

- **Laughter is the best medicine:** Laughing releases endorphins, a feel-good chemical that many believe boosts immunity. Laughter also reduces stress hormones, which are known to negatively affect the immune system.

- **Eat your fruits and veggies:** Fruits and vegetables are diet staples because they are full of the antioxidants that are vital to good immunity, such as the B vitamins, vitamin C and phytonutrients. Foods, such as spinach,



**Foods such as spinach, garlic, broccoli, carrots, blueberries and oranges can be sources of free-radical-fighting antioxidants and help boost the immune system.**

garlic, broccoli, carrots, blueberries and oranges, among others, are great sources of free-radical-fighting antioxidants.

In addition to eating a balanced diet full of fresh vegetables and fruits known for their high vitamin and mineral content, you can also supplement daily.

For example, the new Cold-EEZE Immune Support Complex 10 contains 10 herbs, vitamins and minerals in one easy-to-take pill.

The supplement contains Himalayan goji, Eleuthero root, Panax ginseng and Hawthorn leaf, as well as vitamins A, C, E, B6, B12 and the mineral zinc. These ingredients are believed to increase the body's natural defense mechanisms and boost antioxidant levels.

And don't forget that homemade chicken soup isn't just for colds. A fan favorite during illness, chicken soup that contains fresh garlic and onions may not cure a cold, but it's a great way to boost immunity from the inside out.

For more information, visit [www.coldeeze.com](http://www.coldeeze.com).