



Boost immune system with diet and life style



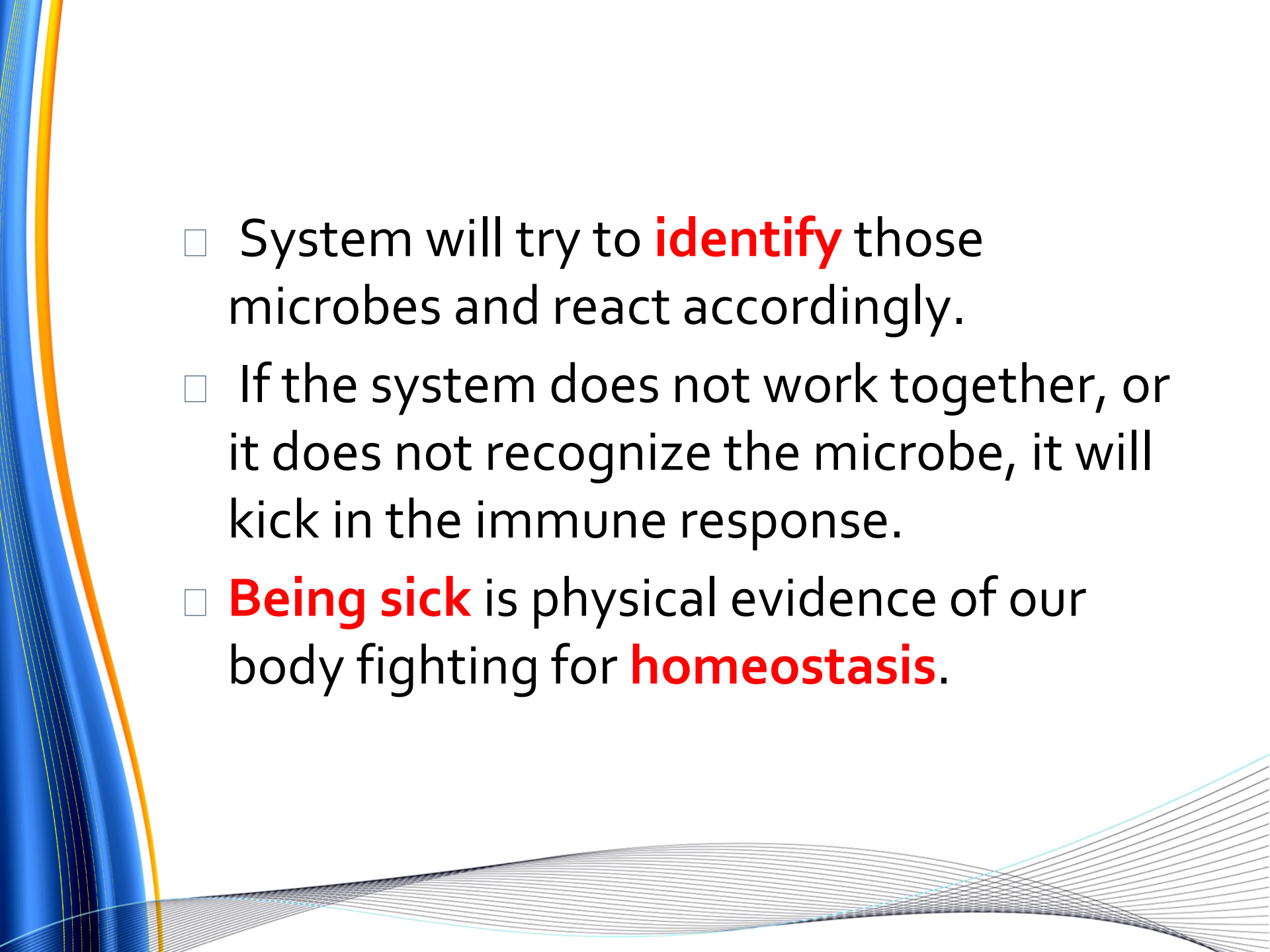
Yaseen Galali
Nutrition Department
2020

OUTLINE!

- Immune system
- Immune system suppressant
- Improving immune system with life style
- Diet to boost immune system

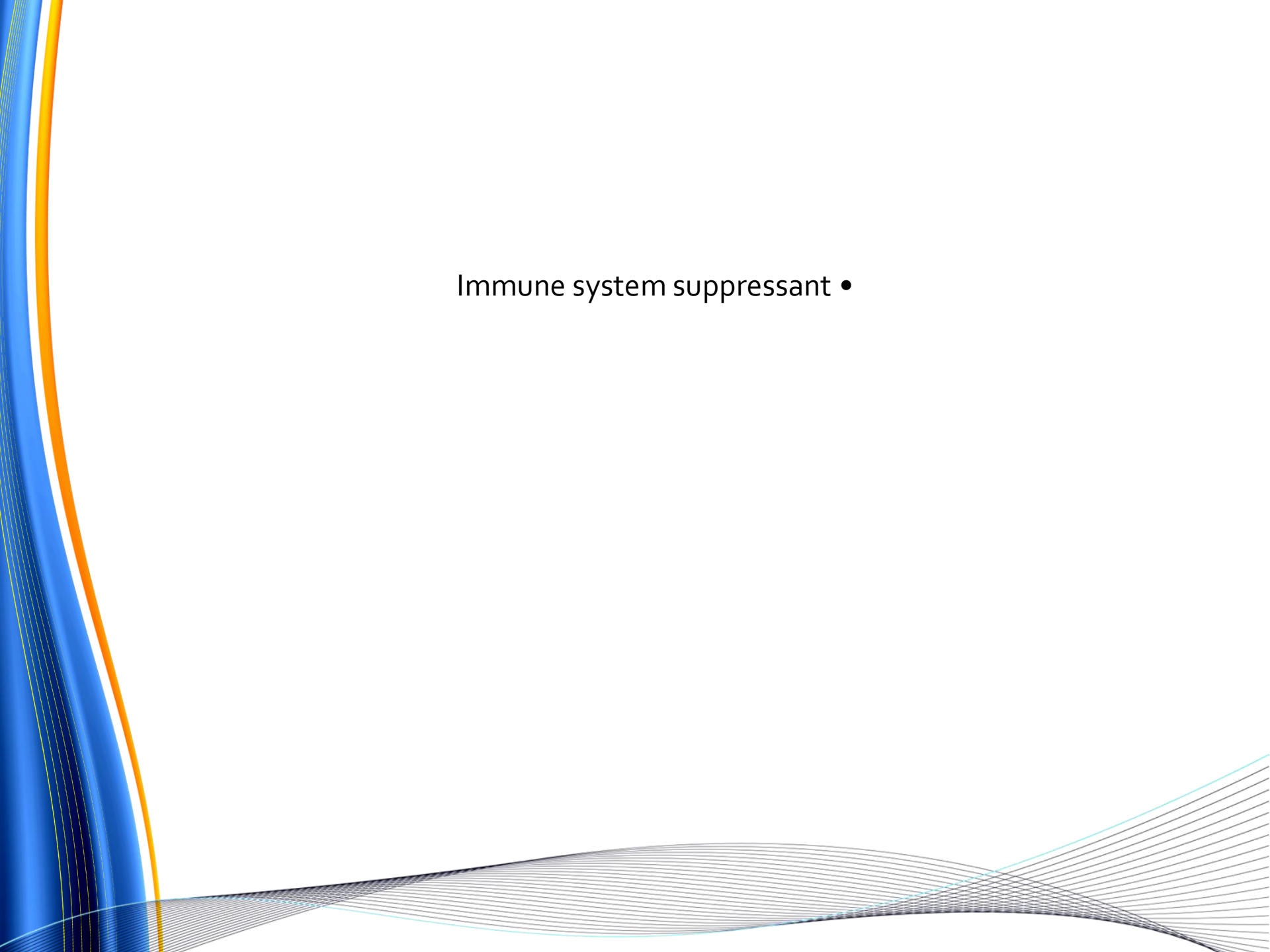
IMMUNE SYSTEM

- The immune system is a network of cells, tissues, and organs that work together to protect the body from infection.
- The human body provides an ideal environment for many microbes, such as viruses, bacteria, fungi, and parasites.
- Immune system prevents and limits their entry and growth to maintain optimal health

- 
- System will try to **identify** those microbes and react accordingly.
 - If the system does not work together, or it does not recognize the microbe, it will kick in the immune response.
 - **Being sick** is physical evidence of our body fighting for **homeostasis**.

Immune system suppressants

The background features a dynamic, abstract design. It consists of several layers of wavy, flowing lines in shades of blue and orange. A prominent orange band curves across the middle. Below this, there are more blue waves, some of which are overlaid with a fine, white grid pattern. The overall effect is one of movement and depth, typical of a modern digital presentation background.



Immune system suppressant •



Healthy life style to boost
immune system

KICK BACK AND RELAX

Some stress can be a good thing. It helps your body get ready for a challenge. But if it **lasts too long, that's bad news.** Studies show it can weaken your body's defense system.



BUILD YOUR SOCIAL NETWORK

- We all know friends are important, but strong social ties can also have a big effect on your health.



EXERCISE!

- Exercise is a simple way to rev up your defense system



GET ENOUGH SLEEP!

- Enough and good quality of sleep.



Foods to boost immune system

The background features a dynamic, abstract design. It consists of several layers of wavy, flowing lines in shades of blue and orange. A prominent orange band curves across the middle. Below this, there are more blue waves, some of which are overlaid with a fine, white grid pattern. The overall effect is a sense of movement and energy, typical of a modern digital presentation.

WATER !

- Staying hydrated keeps your immune system working at its best, plus water also helps to flush out any toxins from the body thus helping the immune system do its job



FOODS TO BOOST YOUR IMMUNE SYSTEM

- **Brightly coloured fruit**
'An apple a day keeps the doctor away.'



BRIGHTLY COLORED VEGETABLES

- Colorful vegetables are beneficial just like fruits.



GREEN, LEAFY VEGETABLES

- Broccoli, spinach and kale are a fantastic source of vitamins and minerals so should definitely be part of your diet



OTHER VEGETABLES

- ❑ Mushrooms for example, encourage the production of infection-fighting cells and also improve the action of white blood cells



OMEGA-3 FATTY ACIDS

- Research suggests that omega-3s can protect against immune system disorders



NUTS AND SEEDS

- **Almonds, hazelnuts, peanuts and walnuts are rich in minerals such as zinc which is vital for maintaining the normal function of cells within the immune system.**



YOGHURT

- Probiotics this helps your digestive system absorb as many nutrients as possible and therefore gives you



SOME SPICES

- There's lots of research to back up the claim that garlic and ginger are brimming with antioxidants which help to fight infection and support the immune system.



HOT DRINKS

- **Tea** has antioxidant effects but even more promising for the immune system is the fact that **green tea** has health protective properties in the form of chemicals called phytochemicals





Thank You!

