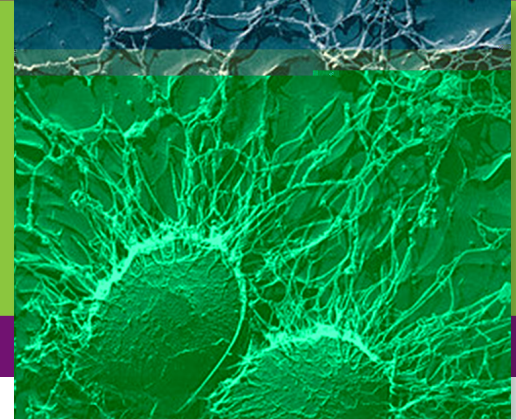


# Boost Your Immune System

February 2012



This winter, when the cold is going around the office or your family, take a few simple steps to help boost your immune system and avoid coming down with something.

Some simple tips to for boosting your immune system:

## 1. Get plenty of rest

Studies have shown that people that do not get enough sleep are more likely to get sick after being exposed to a virus, like the common cold. Infection fighting proteins are released during rest, and you need them to stave off diseases.

Have trouble falling asleep?  
Try getting yourself on a regular sleep schedule, taking a warm bath before you head to bed, and doing calming breathing exercises.

## 2. Exercise

In addition to its many other benefits, research has shown that moderate exercise increases you immune system and can help you fight off a cold.

It is important to remember moderation, though. Prolonged, high-intensity workouts can actually make you more susceptible to getting sick.

## 3. Pump up your vitamin D intake

While others might be reaching for vitamin C, there is very little research that shows that it has any effect on the common cold. However, low levels of vitamin D, which regulates the immune system, have been linked to increased vulnerability to colds.

Want to increase your vitamin D intake? Try foods like salmon, tuna, or vitamin D fortified milk, cheese, or bread.

So this year, do three simple things and help yourself avoid coming down with a cold.