

HOW TO HAVE A HEALTHY AND GOOD

IMMUNE SYSTEM

Daily exercise

Daily exercise is a thing every person should do especially if they have a job that includes a lot of sitting down, because sitting down too much will cause massive changes to your health and mental health, therefore working a minimum of 4 times a week should be a must so that you'll be ready for anything that might affect the immune system.

Take Vitamins

Vitamin supplements will make sure that you'll receive the necessary minerals and nutrients that your body and immune system are missing, and you need to make sure that you receive them in the right intake so that your body doesn't malfunction if it doesn't have enough of any of the nutrients or minerals that it would need.

Enough Sleep

Sufficient sleep is always a must because if a body doesn't receive at least 8 hours of sleep it slows down and stops working as it should not just that but your skin is also affected by the amount of sleep you get that's why at least 8 hours of sleep a day should be the norm for people.

Avoid Alcohol

Alcohol impairs judgment, makes you lose control of what you do and you can hurt yourself and others, it also makes it easier for viruses and bacteria to get through your immune system therefore being under the influence is bad for your health.

Drink Water

Drinking water is important because it keeps your body hydrated but not only it has lots of minerals that your body needs and it eliminates bacteria's and toxins in your body, you'll also feel more refreshed and energetic after a cold glass of water.

Healthy Food

Healthy food is needed so that your body gets all the nutrients you need, and to make your body work as it's supposed to, if you eat healthy foods they will make you feel like you have super powers because it remakes your immune cells and also gives the rest of your cells energy which restores the body's functions.

