



Immune-Boosting Tips For Optimal Health

(NAPSA)—Staying healthy is a challenge. Hectic schedules, work-life demands and lack of sleep can negatively impact the immune system. Luckily, there are simple steps we can take to naturally preserve health all year long.

“The immune system is the body’s warrior—it defends us daily from potential invasion or attack. Most people, however, only think about their immune system when winter arrives,” says Christine Evans, Nature Made consumer education nutritionist. “But immune system support should be a year-long concern. In fact, recent studies show that approximately 35 percent of adults need immune support during early fall, spring and summer.”

According to Evans, the foundations of a healthy lifestyle include eating a well-balanced diet, getting plenty of rest and exercise and supplementing with a daily multivitamin. Evans also recommends the following natural immune-boosting tips:

- **Get Your C’s:** Studies reveal vitamin C is critical for proper immune system function. It is found in citrus fruits and vegetables such as green and red peppers, tomatoes and spinach. Can’t eat enough fresh fruits and vegetables? Try Nature Made Vitamin C—the tablets are now smaller and easier to swallow.

- **Don’t Smoke!** Smoking and even secondhand smoke negatively impacts the immune system. It dries nasal passages and paralyzes cilia, the delicate hairs



in the nose and lungs that help keep germs out of the body.

- **Try Herbs:** Science has shown Echinacea, garlic and Andrographis paniculata, one of Sweden’s top-selling herbs, help stimulate the body’s natural defenses. Luckily, you don’t have to go to Sweden to try Andrographis. Just pick up a box of Nature’s Resource TriMune, which also contains immune-boosting Echinacea, vitamin C and zinc.

- **Stay Hydrated:** Drink at least 64 ounces of water daily. Green tea, milk and low-sugar juice are also good choices.

- **Reduce Alcohol Intake:** Alcohol consumption decreases the liver’s ability to filter toxins from the body.

- **Wash Your Hands:** Send germs down the drain by washing with soap and warm water for at least 20 seconds. Wash after touching your eyes, mouth, nose, door-knobs, keyboards and other shared items.

For more information on natural immune boosters, visit www.NatureMade.com.