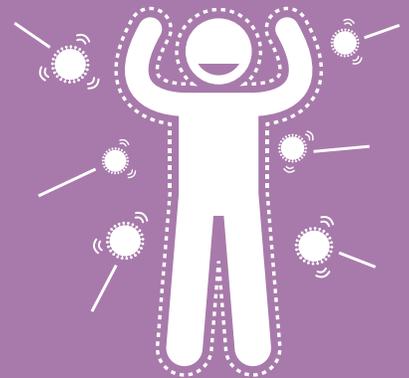
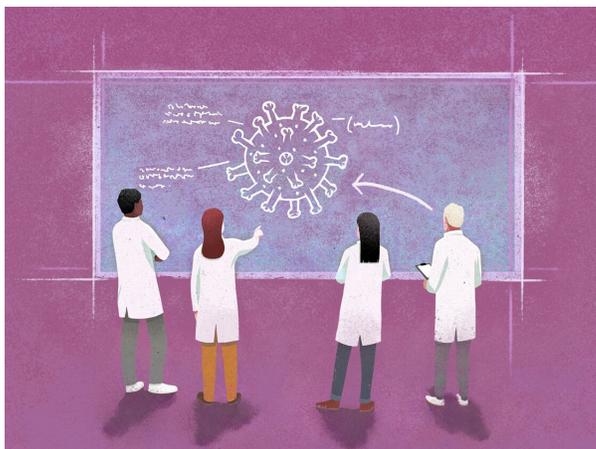


# WEEKLY WELLNESS NEWS

## THE IMPORTANCE OF IMMUNITY IN TODAY'S WORLD



While the global population is growing rapidly, and people are living longer, our living environment has changed substantially. There is a greater need to support our health and well-being, primarily our immune system, at different stages throughout our life.



### The Immune System Basics

The main purpose of your immune system is to protect your body from viruses and bacteria. Without it, they'd have free reign and you'd be constantly falling ill. Your immune system works by recognizing the difference between your body's cells and alien cells, allowing it to destroy any that could be potentially harmful. This usually works well but can cause problems if your immune system wrongly classifies some of your own cells and attacks them instead.

### Why Do You Need a Healthy Immune System?

A healthy immune system helps you go about daily life as you come into contact with germs and bugs from pets, other people, and your environment. Without a healthy immune system, you could pick up infections and diseases more easily, and the effects could be serious. It's easy to take the immune system for granted because it does such a good job at keeping us free from infection around the clock! If you've got a healthy immune system, look after it and it will look after you.

### What Can You Do?

There are simple public health practices to help reduce your risk of getting sick: regular hand-washing, avoiding touching the face with unwashed hands, avoiding close contact with sick people, and disinfecting frequently touched objects. Adequate nutrition is another important way to help reduce the risk and impact of virus infections, as well as to build a more resilient immune system over the long term.

*"Health is not valued until sickness comes." -Thomas Fuller*



# WEEKLY WELLNESS NEWS

## Vaccines and the Immune System

Vaccines do an incredible job of protecting you and your family from serious diseases like whooping cough and measles. Have you ever wondered how vaccines actually work? Vaccines help your immune system do its job better and faster. And that protects you from serious diseases.



### Why Vaccinate?

Vaccines help your immune system fight infections faster and more effectively. When you get a vaccine, it sparks your immune response, helping your body fight off and remember the germ so it can attack it if the germ ever invades again. And since vaccines are made of very small amounts of weak or dead germs, they won't make you sick.

With so much information—and sometimes incorrect information—available today, learning the facts before making health decisions is very important.



Vaccination is a highly effective, easy way to keep your family healthy.



On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.



Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

### National Immunization Awareness Month

You have the power to protect yourself and your family against serious diseases through on-time vaccination. During this month, Onslow County Health Department encourages you talk to your healthcare provider to ensure [you, your child, your family] are up to date on recommended vaccines. We also encourage you to visit CDC's Interactive Vaccine Guide which provides information on the vaccines recommended during pregnancy and throughout your child's life.

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# WEEKLY WELLNESS NEWS

## ↑ BOOST YOUR BODY'S NATURAL DEFENSES

If you want to boost your immune health, you can make several lifestyle and dietary changes that will help. Read below what you can do today to strengthen your natural defenses.

### Here are 7 tips to strengthen your immunity naturally:

#### 1. Get enough sleep

Sleep and immunity are closely tied. In fact, inadequate or poor quality sleep is linked to a higher susceptibility to sickness. Adults should aim to get 7 or more hours of sleep each night, while teens need 8-10 hours and younger children and infants up to 14 hours.

#### 2. Eat more whole plant foods

Whole plant foods like fruits, vegetables, nuts, seeds, and legumes are rich in nutrients and antioxidants that may give you an upper hand against harmful pathogens.

#### 3. Limit added sugars

Added sugars contribute significantly to obesity, type 2 diabetes, and heart disease, all of which can suppress your immune system. Lowering your sugar intake may decrease inflammation and your risk of these conditions.

#### 4. Eat more healthy fats

Healthy fats like olive oil and omega-3s are highly anti-inflammatory. Since chronic inflammation can suppress your immune system, these fats may naturally combat illnesses.

#### 5. Engage in moderate exercise

Moderate exercise can reduce inflammation and promote the healthy turnover of immune cells. Jogging, biking, walking, swimming, and hiking are great options.

#### 6. Stay hydrated

Hydration doesn't necessarily protect you from germs and viruses, but preventing dehydration is important to your overall health. You should drink enough fluid daily to make your urine pale yellow. Water is recommended because it's free of calories, additives, and sugar.

#### 7. Manage your stress levels

Relieving stress and anxiety is key to immune health. Meditation, yoga, exercise, and other practices can help keep your immune system functioning properly.

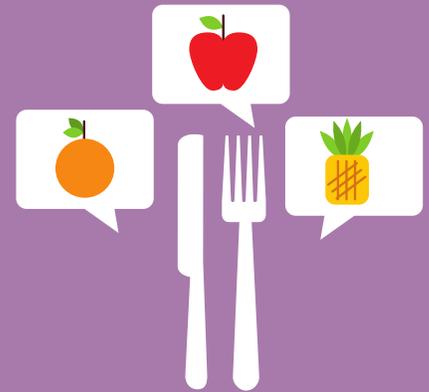


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# WEEKLY WELLNESS NEWS

## SUPPORT YOUR IMMUNITY WITH NUTRITION



Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you may help support your immune system by including these nutrients in your overall eating plan on a regular basis.

### Protein

- plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

### Vitamin C

- supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, red bell pepper, papaya, strawberries, and tomato juice.

### Zinc

- helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

### Vitamin A

- helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, and eggs.

### Vitamin E

- works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts and peanut butter.



## Immunity Boosting Shots

Ingredients:

- 1 navel or valencia orange
- 1-inch piece of ginger root
- 1-inch piece of tumeric root
- pinch black pepper
- 1 teaspoon coconut or oregano oil

1. Peel oranges (removing seeds), ginger and tumeric root
2. Add all ingredients in to the blender and blend until pureed. If needed, add more orange juice to achieve the correct consistency.

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