

How to Grow Immunity?

Sam Cheol Kim*

Department of Family Practice and Community Medicine, Chosun University College of Medicine, Gwangju, Republic of Korea

Immunity is a human body defense system that protects us against various bacteria such as bacteria, viruses and molds. Healthy people with this immune system do not get sick even if there are so many germs and viruses floating around. If you look around you have a person who always lives with a cold, and some people are out of the way of any virus. This is because the immune system is different. Recently, Middle East Respiratory Syndrome (MERS-CoV) and A (H3N2) type influenza (swine flu) etc. are rapidly spreading nationwide, and there is growing interest in strengthening immunity to fight against 'enemies' inside and outside the body and to keep health. So what are some ways to boost your immune system?

Positive Thinking

It can be a way to strengthen the immune system by controlling the stress that is thought to be the origin of the disease. The body secretes certain hormones when stressed, which suppresses the activity of the body's immune components, including lymphocytes. People who are psychologically stressed have a slower wound recovery than those who do not, and the function of white blood cells, one of the immune indicators, is significantly reduced. Therefore, you should strive to develop your own stress-relieving methods with a positive attitude and a positive thinking.

Balanced Nutrition

It is also a good idea to continue to eat foods that are good for your immunity. In particular, the balance of nutrition is highly dependent on the increase or decrease of immunity, so it should be premised on balanced diet. It is good to eat green vegetables, tomatoes, carrots, apricots and peaches which are rich in vitamins A and C actively. It is also beneficial to promote the secretion of bile acids to promote carcinogenesis by intestinal bacteria, to reduce high-fat foods that degrade immune function, and to consume a lot of fiber that has the potential to release toxic ions from metabolism. In addition, soybean products, garlic, cabbage, carrots, mushrooms, etc. are effective to increase immunity.

Light Exercise

Exercise is an important factor in improving your immune

system. Lightweight exercise facilitates blood circulation through deep breathing and relaxation activates parasympathetic nerves, one of the autonomic nerves, and parasympathetic nerves stimulate the immune system. Exercise also stimulates the flow of immune cells and lymphatic fluids, which promotes blood circulation and helps increase the number of white blood cells that play a role in protecting the body from pathogen infiltration. However, excessive exercise or over one hour of exercise could rather suppress the activity of the immune system. Therefore, light exercises to enjoy such as walking a little faster to sweat, climbing, jogging, swimming and stretching etc. can be helpful.

Sufficient Sleep

Taking enough sleep is a great help in maintaining your body's immune system. If you do not get enough sleep at night or the period of changing day and night is long, the body rhythm is broken and your immune system is reduced. Therefore, it is advisable to keep your sleeping habits regularly and sleep for 8 hours a day for adults. In particular, from 11 pm to 3 am, the body sleeps the deepest, and it regenerates the cells of the body and secretes a strong melatonin which helps immunity. If you do not get to sleep easily on time, make it as dark and quiet as possible, and take a bath with warm water for 20 to 30 minutes about 2 hours before bedtime.

Thorough Hygiene

It is important to maintain the cleanliness of the surrounding environment including the personal hygiene in such weather where the immune power can be easily weakened by intertwining with the yellow dust in the dry weather season. Especially, the importance of hand washing is always emphasized, and hands are known to be the most contact area with various harmful bacteria. So be sure to rinse the soap in your hand at least 8 times a day, and then rinse thoroughly with running water. It is also necessary to clean the indoor environment. First, when cleaning the room, remove dust with a vacuum cleaner and remove fine dust from all corners of the house including furniture using a wet-cloth. It is good to dry the bedclothes and clothes thoroughly in the sun after boiling them, and to have the habit of ventilating the room frequently and thoroughly.

*Corresponding author: Sam Cheol Kim, Department of Family Practice and Community Medicine, Chosun University College of Medicine, Gwangju, Republic of Korea, Tel: +82-62-230-6419; E-mail: schkim@chosun.ac.kr

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