



THE IMPORTANCE OF STRONG IMMUNITY



When the seasons change from summer to fall and children go back to school, the chances of getting a cold are increased. That's why it's important to do all we can to stay healthy and fit by bolstering the body's defenses.

The body's defenses are influenced by the strength of our immunity. The strength of our immune system determines our ability to resist infection and suppress the growth of abnormal cells. It's the key to fighting every kind of insult to the body; from those little scratches kids get on the playground to the massive amount of viruses that constantly try to invade us. Even the aging process may be related to deteriorating immunity.

Several factors reduce the strength of our immune system such as poor nutrition, stress, environmental pollutants, and overexposure to the intake of drugs and chemicals from processed foods.

Here are some important tips to help support and maintain a strong immune system:

- Because the modern diet can be depleted of vitamins, minerals and antioxidants, eat a balance of nutritious fresh fruits, vegetables, whole grains, beans, lean meats, healthy fats and low-fat dairy.
- When it's not possible to have a regular supply of fresh, wholesome food, try supplementing with an antioxidant-rich multi-vitamin, multi-mineral dietary supplement.
- Avoid eating foods that contain large quantities of high fructose corn syrup and white sugar.
- Steer clear of heavily processed foods and direct exposure to strong household chemicals. Use appropriate protective gear when handling chemical-based products.
- Drink a sufficient amount of pure water each day.
- Avoid tobacco and alcoholic beverages.
- Get sufficient sleep so the body has a chance to repair and recover.
- Participate in stress reduction activities like leisure walking, relaxed swimming or yoga.

NATIONAL CANCER INSTITUTE ENCOURAGES EATING BLUE AND PURPLE FRUITS AND VEGETABLES

The National Cancer Institute (NCI), the national health authority that encourages all Americans to eat 5 to 9 servings of fruits and vegetables a day to promote health and reduce risk of cancer and other chronic diseases, is strongly urging all Americans to eat blue and purple fruits and vegetables. This is because fruits such as blueberries, açai, and pomegranate contain disease-fighting phytochemicals such as anthocyanins and phenolics. NCI states that anthocyanins and phenolics are powerful antioxidants that help reduce the risk of such diseases as cancer, heart disease, and Alzheimer's. They may even help to slow the aging process. NCI also encourages eating a wide variety of other colorful foods in order to take advantage of other types of healthful phytonutrients they contain. For more information go to www.5aday.gov.



Vitamins (especially A and C) and the phytochemicals that lend fruits and vegetables their colors serve as antioxidants that promote immune function.