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27 WAYS
TO BOOST IMMUNITY
AND SAFE-GUARD
YOUR HEALTH
AFTER
LOCKDOWN

ISSUED IN PUBLIC
INTEREST BY:
MBZ WELLNESS

Dr. Reena Bhatt

Apart from the 3 most important guidelines - Wearing a face mask, Maintaining Social Distance, and Washing Hands - here are 27 other tips one can use to improve immunity and health.

NOTE:

NOTE: No supplement, diet, or lifestyle modification - aside from physical distancing, also known as social distancing, and practising proper hygiene - can protect you from developing COVID-19.

The strategies outlined below will boost your immune health, but they don't protect specifically against COVID-19.



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INCLUDE VITAMIN C

Vitamin C is very essential for tissue repair, body growth, heart health, immunity and skin defence system. But the body can't produce it and we need to take it in food or supplement form daily. Intake of vitamin C has to be 90 mg daily. It is a water-soluble vitamin and is found in many fruits and vegetables such as oranges, amala, guavas, bell pepper, lemons, spinach, kiwi, and pineapple. Vitamin C helps encourage the production of WBC, which in turn protects the body against infections. If vitamin C is not sufficient in your daily diet, including vitamin C supplements is recommended.



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GET ENOUGH SLEEP

Sleep is most essential to maintain good health. It is during sleep that all major processes viz. relaxation, repair, rejuvenation, healing and growth take place in our body. So for improving immunity, 8 hours' quality sleep is essential. In case you do not get proper sleep, take support of sleep-improving herbal teas or natural supplements. Also practising meditation and relaxation techniques may help you fall asleep fast. You can do yoga, follow the sleep regime, listen to soothing music and use aroma therapy to get right sleep.



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CURCUMIN

Curcumin is a natural key compound present in turmeric roots that gives it a bright yellow colour and healing power to fight against infection. Apart from its use as a spice, turmeric has a very important role in relieving infection, inflammation, acting as a natural pain reliever. Consuming turmeric is a natural way to help boost the immune system by increasing the immunomodulating capacity of our body. It works as an antibacterial substance and helps prevent cold and flu. Include more turmeric in your diet or as supplement to get immunity against seasonal changes affecting you.



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REDUCE STRESS

When we are under constant stress, our immune system reduces the ability to fight against bacteria, viruses and cancerous cells. The stress hormone corticosteroid can suppress the effectiveness of the immune system. So manage your stress and reduce it through exercise, yoga and meditation. Deep breathing and relaxation techniques also help do the same. Make a habit of reading motivational books and watching inspiring videos. Develop a creative hobby. And if you're already feeling really stressed out taking adrenal support supplements can be helpful.



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DRINK MORE WATER

The most well-know and sure-fire way to boost your immune system and overall health is drinking plenty of water. Our body is 60 to 70% water. Drink around 2.5 litres of water daily and look for pale yellow urine. This will provide cells with clean oxygenated blood and flush out toxins. All vital organs and muscles will be cleansed and well hydrated to function at their best. Water also helps absorb important vitamins, minerals and nutrients from food, enhancing the chances of staying healthy.



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YOGA & MEDITATION

Numerous viruses and bacteria reside within and around us. But they only attack us when the body's internal environment becomes unbalanced. Yoga and meditation bring balance and harmony in body and mind. Yoga provides a gentle natural support to the immune system, lowers stress and harmonises hormones. It also helps stimulate the lymphatic system to flush out toxins from the body. Pranayama and breathing techniques fully support and improve functional abilities of lungs and increase lung capacity for quality oxygenation.



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HOMEOPATHIC MEDICINE

Homeopathy works when there are acute, specific symptoms present currently. It also helps stimulate and strengthen the body's "own" immune system in general. When homeopathic medicine is prescribed as a specific preventive, it will boost your own immune system. It prevents recurrence too, so it has long-term benefit. For instance, Arsenic Album is a homeopathic medicine useful in treating a wide range of conditions such as common cold, cough, asthma, food poisoning and fatigue. So it can be taken for prevention or treating such symptoms after consulting a homeopath.



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MODERATE EXERCISE

All research proves that 30 minutes' moderate exercise every day is a must for any individual to stay healthy physically and mentally. Walking, cycling, swimming, and outdoor sports will make you feel more energetic, rejuvenated and de-stressed. Exercise helps flush bacteria out of the respiratory track so there is less chance of getting infection. It improves blood circulation and heart function, boosting immunity through active circulation of antibodies and WBC. Also rise in body temperature during exercise will help body fight infection better.



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WHOLE PLANT FOOD

For being healthy and disease-free, improving overall diet habit plays a very important role. Whole plant foods mean more vegetables and fruits in their original form. And also high-fibre grains, seeds, beans and nuts. All these foods are low gluten and high fibre. They are very easy to digest and full of nutrients such as vitamins, minerals, phytochemicals and antioxidants. These help to keep cells healthy and boost immunity. So fill two-thirds of your plate with these plant-based foods.



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VITAL VITAMINS

Immunity boosting vitamins are B6, B12 and vitamins A, C, D and E. The best source is to get them from daily food, as body absorbs and uses them when they come straight from dietary sources. Vitamin supplements are just to fill the gaps in diet. Vitamin B6, which is very important for biochemical reactions in immune system, comes from bananas, potatoes and chickpeas. Cod liver oil, sweet potatoes, carrots, black-eyed peas, spinach and broccoli are rich of Vitamin-A. Vitamin E is a very powerful antioxidant that helps fight infections. Sources of vitamin E are almonds, peanuts, hazelnuts, sunflower seeds, spinach and broccoli.



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HAVE YOGURT

One of your immune system's key jobs is to patrol the gastrointestinal tract and prevent germs, bacteria, and other pathogens from entering the bloodstream and making you sick. Yogurt (curd) is the best dietary source of probiotics that help balance gut bacteria. Good bacteria present in the gut will improve digestion, heart health, reduce allergies and support immune system. Yogurt is also high in protein and good source of vitamin A and Zinc. So take the most natural source - homemade dairy yogurt - to boost your immunity.



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EAT MORE HEALTHY FAT

Eating a low-fat diet strengthens our immune system, so limit your dietary fat. Long-term consumption of fatty foods and oil impairs WBC function and hampers the body's ability to fight bacteria in blood. Avoid white flour items - pastries, cookies, pizza, hydrogenated vegetable oil, butter, ice cream and red meat.

Good fats are poly- and mono-unsaturated fats that are important for good health of heart and circulation system. Boost immunity with olive, peanut, sesame oil, avocados, nuts, sunflower seeds, soybeans and tofu.



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GARLIC POWER!

Garlic provides a wide variety of health benefits and so it has been used as a medicinal herb for centuries. Garlic contains a compound “alliin” that helps the immune system fight germs and removes toxins from body. When raw garlic is crushed, chewed or sliced and consumed, it has highest health benefits. Regular intake of garlic prevents common cold and flu. Garlic supplements and garlic powder available to fulfil the need, but natural food source is the best.



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OMEGA-3

Omega-3 is type of poly-unsaturated fatty acid with a long chain, so it's very important for good health. It has powerful health benefits for body and brain. It enhances the functional activity of immune 'B' cells and supports immune system to fight against viruses. The natural food source for Omega-3 is fatty fish, but one can take Omega-3 supplement for equal benefits. Also some vegetarian food sources for Omega-3 are chia seeds, flax seeds, walnut, spinach, cauliflower, berries and leafy greens. But in veg foods, the quantity is very little.



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TAKE SUN BATH

Sun has the highest natural healing powers for various health problems. The major role that sunlight plays is in help producing Vitamin D. Vitamin D is necessary in adequate quantity for calcium absorption by bones and has direct impact on the immune system. Take sunbath on an empty stomach and eat half an hour post that. Take a cold water bath after taking sunbath. Apply coconut, olive oil or sesame oil on exposed skin before taking sunbath. Also cover your head and face with wet towel and sit under direct sun for about 10 minutes. Ideal time is before 8 am and after 5 pm when there are no harsh sunrays.



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STAY AWAY FROM TOXINS

Apart from stress, insomnia, loneliness, lack of exercise, poor dietary habits; nicotine and heavy drinking can also weaken your immunity. Nicotine increases cortisol levels, which reduce 'B' cell antibody formation and 'T' cell response to antigen, disturbing the immune system.

Excessive drinking can reduce immune system response. Acetaldehyde is a metabolite present in alcohol, which impairs lung function. This leads to high risk of infection when a virus attacks the body.



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TRY GREEN TEA

Polyphenols and potent plant antioxidants are believed to give green tea its immune-boosting effects. It also has the ability to control inflammation and increase detoxification. A study suggested that a particular type of polyphenols called catechins may kill influenza viruses. Take just-below-boiling water and steep green tea for no more than a minute or two. A little lemon and honey can also help blunt the bitterness. But don't add milk, because the proteins will bind to the polyphenols, making them ineffective. One can also use readymade tea sachets available in the market for equal benefits.



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HERBS FOR IMMUNITY

Herbs have the power to heal illness and prevent infections. Commonly suggested herbs in Ayurveda for boosting immunity are - 1) Ashwagnadha - it has the magical power of healing cold, cough and viral infections. It boosts immunity naturally when consumed daily. 2) Guduchi - it has antioxidant and immunomodulatory properties. 3) Yasthimadhu (Mulethi) - it helps in recovering from cough, cold or flu. It smooths throat or any irritation in upper respiratory tract. 4) Peepli - helps treating lower respiratory tract infections, bronchitis and asthma.



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SANITIZE SMARTLY

Hand sanitizer is best when you don't have water and soap to wash your hands. Sanitizer with at least 60% alcohol is effective in killing germs. Gel or liquid alcohol sanitizers are available. Take the fluid in one hand and rub all over hands, up to elbows for 20 seconds, let it dry. Do not rinse or wash sanitized hands immediately after use. After application the effect starts within 30 seconds and kills bacteria and most viruses. Hand sanitizer sprays are most effective as they spread immediately on vast surfaces. For good hygiene of your family form a habit to use sanitizer.

Hand sanitizer sprays are most effective as they spread immediately on vast surfaces. A Spray can be used on various surfaces along with hands. Choose a Smart Spray Sanitizer!



Hands



Keys



Door Handle



Credit Cards



Lift Buttons



Shoe Sole



Furniture



**Car Steering /
Handles**



Scooter Handles



Kids Toys



**Packed Foods /
Milk pouch**



Clothes



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NASAL STEAM

Congested sinus, stuffy nose and any irritation in respiratory tract can be eased with inhaling steam. All bacteria and germs present in the nose and throat will die and mucus in the sinus will become thin and come out. If your upper respiratory tract is clean of germs there are least chances of getting respiratory infections. Try to take moderately hot steam for 10 minutes every day. Once in a while you can also take sauna or steam bath, which increases the blood circulation and body detoxification.



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SUPER FRUIT - NONI

Noni is a traditional folk medicine that has been in use for over 2000 years. It is packed with most potential antioxidants that provide a number of health benefits. Scopoletin present in noni juice possesses antibacterial, anti-inflammatory, antifungal and antihistamine properties that boost immune system and defence mechanism of the body. It helps increase 'NK' cells (Natural Killer Cells) activity by 33%, killing virus infected cells. Noni is full of beta carotene, iridoids and vitamins C and E. All these protect us from environmental toxins, lower oxidative stress and reduce cellular damage.



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ANTIOXIDANT RICH FOODS

Our entire immune system is based on how well each cell of the body functions and communicates with other cells. Antioxidants are required for immunity of each cell. Diet rich in antioxidant nutrients increases immunity at cellular level. These cells-mediated immune response plays a major role in boosting immunity with antioxidants. More colourful - yellow, orange, red, blue and purple - foods have more antioxidants (beta carotene). Some are carrots, apricots, asparagus, avocado, mango, spinach, grape fruit, beets, kiwi, pomegranate, blue and red berries.



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MAINTAIN HIGH B12

Vitamin B12 is a vital powerhouse that helps make DNA, nerves and blood cells. Healthy brain function is also much dependent on vitamin B12. It is necessary for the production of WBC (white blood cells), which are essential for proper immune system functioning. Fortified cereal, milk and dairy product, nori, unsweetened soyamilk, sprouts and germinated grains are vegetarian sources of B12. Organ meats, sardine fish, beef, eggs, tuna, salmon are non-vegetarian food sources. Vegans have difficulty getting it in enough quantity. So supplements are needed to fulfil the daily requirement.



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KIDS IMMUNITY

Boosting children's immunity is always a big challenge for parents, as they are exposed to innumerable germs and viruses every day. But the following can help fight infections and improve immunity:

- 1) Serve more fruits and vegetable, especially more colourful.
- 2) Restrict and reduce sugary foods.
- 3) Encourage quality rest / sleep time as per age.
- 4) Exercise is essential for kids too.
- 5) Teach them how to be relaxed, patient and happy.
- 6) Teach your child good hygiene habits.
- 7) Don't always go for antibiotics and allopathy, try homoeopathy instead.



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LYMPHATIC SYSTEM

Lymphatic system is composed of lymph vessels, lymph nodes and organs - bone marrow, spleen and thymus. A fluid called lymph constantly circulates in the lymphatic channels, which gets filtered in lymph nodes. So, a healthy lymphatic system is important for strong immunity. The immune cells are produced mainly in bone marrow and thymus. Strength of skeletal muscles plays an important factor in circulating lymphatic fluid. Yogic techniques such as ear, neck, shoulder and belly rotation, kapalbhati, agnisar, butterfly flapping and calf kriyas can strengthen the lymphatic system.



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COPPER POWER!

Drinking water stored in a copper water bottle has amazing health benefits and is widely recommended by health experts. Water stored in a copper vessel (which is known as “tamra jal” in Ayurvedic medicine) balances the three doshas in your body (*vata*, *kapha* and *pitta*) by gently infusing the water with the positive health properties of copper. Studies have shown that copper is anti-bacterial, acts as an effective antioxidant, improves immunity and supports good health. The best way to drink water in a copper mug is in the morning after storing it for eight hours.



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MICRO-NUTRIENTS

Micronutrients are needed for cellular repair, growth and immunity. The three essential ones are given below:

- 1) Zinc - It is not stored in the body so regular intake is important. Rich sources are beans, nuts, yogurt, chickpea seeds, dairy products, seafood and meat.
- 2) Selenium - It is an antioxidant that helps protect the body. Found in garlic, broccoli, brazil nuts, barley, walnuts, tuna, whole grain products.
- 3) Iron - It helps the body carry oxygen to cells and is found in beans, broccoli, dates, fig, lentils and green leafy vegetable.



Dr. Reena Bhatt

**Homeopath Doctor, Yoga Master and
Certified from WHO**

Dr. Reena Bhatt is a highly qualified and experienced Homeopath doctor, yoga master & wellness promoter. Also certified expert in preventive care of COVID-19 from WHO (World Health Organisation). She has received special training from British School of Yoga, London and has more than two decades of yoga experience. She runs a wellness center Mind Body Zone (MBZ) and has 10,000+ members! Dr. Reena has conducted 100's of Yoga, Wellness and Health workshops for Corporate, Women and Kids.





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15 Years**

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Formerly know as Mind Body Zone, now re-branded as MBZ Wellness. It has more than 500+ Health and Wellness products and 10,000+ members. Now MBZ brand is ready to entry Personal Hygiene and Nutrition segments with its Hand Sanitizer and Health Supplement range!

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WhatsApp or SMS your name to:
+91-9904419955

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