

## Strengthening the immune system in order to face seasonal diseases and Covid-19 is rather important

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- *Keeping the digestive system healthy is crucial for good immune defenses*
- *Avoiding processed foods and high intakes of sugars to maintain a good intestinal flora.*
- *In case nutrient deficiencies are present, consuming probiotics, vitamin C and zinc is vital.*

Covid-19 has made us realize how vulnerable our bodies are and how important taking care of our health in a preventive way is. Strengthening the immune system by eating foods with high nutritional value becomes a first order necessity.

It is thanks to the capability our immune system has to fight diseases, that our body is able to defend itself against infections: all of this depends on our habits. Good nutrition is basic to have a good defense mechanism.

At birth, our immune system is immature but it grows stronger as soon as it receives food and vaccines. When a person reaches 60 years of age, the habits they have had throughout their life will define the wear and tear on their body and, therefore, their immune response.

Regarding this matter, Alejandra López López, a graduate in Nutrition from the University of Guadalajara (U of G), explained that: *"our body warns us when the immune system is not well, since we can present recurrent infections or colds, unusual tiredness and gastrointestinal problems in general"*.

One of the most important systems to having good health is the digestive system, it constitutes the most extensive part of the immune system. It every day receives a great load of bacteria and it is capable of distinguishing between the harmful and the beneficial ones we obtain through food.

*"We are what we eat. Provided that we eat highly processed foods with little nutritional value or high added sugars, our intestinal flora also known as microbiota will be affected. Besides presenting digestive problems, we will be more vulnerable to diseases such as influenza and now Covid-19," said Lopez Lopez, Nutrition Coordinator at Bodylogic, a PiSA Group company.*

According to the Mexican Journal of Gastroenterology, the microbiota is like a fingerprint: unrepeatable for every single individual, and it consists of a group of living microorganisms inside our intestine which is essential for growing, nurturing and strengthening our immunity. This delicate ecosystem can be altered by a poor diet, an excess of antibiotics and smoking, resulting in diseases such as obesity and asthma.

The nutrition specialist also recommended, in order to help our body work properly, support our immune system with habits and foods that make it stronger. Eating fruits, vegetables, nuts, seeds, quality dairy and whole grains, in addition to getting good sleep, managing stress, not smoking and getting regular physical activity will help us promote our overall health.

In addition, it is very important to drink enough water for our body to work well since we are made up of 70% water. If dehydration occurs, our mucous membranes which play important defense functions, will be weakened.