HEALTHY-LIVING STRATEGIES TO BOOST THE IMMUNE SYSTEM

by:
Angustia A. Guddaran, MASE
Teacher III, Hermosa National High School

The human body has a defense system that guards against microbes such as bacteria and viruses. These organisms are too tiny that cannot be seen by the naked eyes but only visible under a microscope. Not all microbes are harmful but the harmful ones can cause many kinds of infectious diseases or ailments. And that one must be aware of, especially we, educators!

Oftentimes, most people died from communicable diseases which spread from one person to another. Such vaccines, antibiotics and improved sanitation have eliminated or brought under control most transmittable diseases from developed countries and it is because of technological advancement in the field of medicine.

In addition, the structures of the body form the first line of defense against diseases, and the final line of defense is the immune system. Hence, without the immune system, a person would die of an infection.

Some immunities are inborn, others are acquired naturally. A newly born baby is protected from certain disease because of antibodies in their mother’s milk. On the other hand, a person can become immune to a disease after being exposed to it. It is important that teachers practice a healthy way of living to boost their immune system as well as among students. Students must also be given enough information regarding the importance of immune system that guards against illnesses.

Furthermore, your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy. Every part of your body, including
your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as:

- Don’t smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

However, a vaccine provides an artificial immunity to a disease. It is a serum that weakens or kill microbes. A sick person might feel ail for a while but a short – term sick feeling is better than a serious disease.

Teaching profession is indeed full of sacrifices for it is a vocation. There are so many challenges we do encounter every day. Therefore, to facilitate learning and to constantly nurture every learner, teachers must be fit to teach for effective learning to happen!
References: