

# **Futuristic Pharmacy Helps Patients Feel Better Without Using Prescription Drugs**

It's winter, common cold and flu are to stay. A few tricks on sleeves can help your body fight off illnesses and boost the immune system. Boosting immunity seems easier to preach than practice. There is a lot one needs to do- these may be the lifestyle and dietary changes, which may strengthen the body. The health and medical professionals are all pro for using some natural defenses for fighting harmful pathogens and other organisms that cause diseases.

Now that you're a cautious person who's looking forward to undertaking a healthy lifestyle and is thinking of boosting the immune system. Knowing some tips can work wonders for you. Yes, you can strengthen your immune system for the care that never quits with some maxims:

## **Get a good night's sleep:**

There is a close connection between sleep and immunity. If you get inadequate sleep, you have a greater susceptibility to illness. Research shows that adults who sleep less than 6 hours a night can catch a cold more than people who slept more than 6 hours a night. A night of [good sleep](#) can strengthen your immune system. Doctors always recommend sleeping more to enable your immune system to fight illnesses. Thus, adults should aim for sleeping for seven or more hours while teenagers and infants should sleep for 8-10 hours and 14 hours. Try to limit your screen time before bed if you are facing trouble sleeping. This option is good because blue light disrupts the circadian rhythms of the body.

## Eat probiotic foods:



Probiotics or live microorganisms bring about health benefits. The probiotic foods boost immunity. One should include [fermented](#) and cultured foods with the natural substance in your diet. The experts recommend taking

1. Unpasteurized kimchi and sauerkraut
2. Cottage cheese, kefir, lassi, and leban
3. Tofu, miso, tamari, or natto
4. Kombucha and kvass

Probiotic foods are rich in flavors, so you should consider consuming them one at a time. A teaspoon a day can help in developing the taste of beneficial foods. Medical professionals are all thumbs up for health supplements like [IntraMax](#) for boosting your immune system. These also support germ-killing and detoxifies the entire body. These organic substances help in trading your body for a much healthy option- the one that'll never let you worry again.

## **Engage in moderate exercises:**

Intense exercising can suppress your immune system, while moderate exercising can work in giving it a boost. Studies show that a single session can be as effective as vaccines are for one's health and well-being. Regular exercising can work in reducing inflammation and help in regenerating your immune system cells. One can include brisk walking, jogging, swimming, steady bicycling, and light hiking in their everyday routine, which should be at least 150 minutes per week to generate the benefits you're looking for.

## **Health is a Boon, Folks. Care for it!**

Eating a well-balanced diet, stressing less, staying hydrated, and consuming less added sugars are some ways of boosting your immune system. Making some lifestyle and dietary changes can work wonders in strengthening your immune system and reinforcing the body's defenses against pathogens.