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make life better



How to maintain a strong immune system

Did you know that your gut is home to an estimated 70% of your body's immune cells, and that a healthy gut is vital for the normal development of your immune system. Did you also know that provided you eat a balanced healthy diet, there are no superfoods you can eat or miracle supplements you can take that will increase the effectiveness of those immune cells. You can't boost your immune system, as it is precisely that – a system, not a single entity. A healthy immune system is all about balance and harmony, and that doesn't only apply to your diet. Staying physically and mentally active, exercising regularly, getting a good night's sleep, avoiding stress, and relaxing with family and friends all play a part. The effects of a healthy lifestyle on your immune system are truly fascinating.

Food for a healthy gut

Eating a varied and balanced diet is the best way to provide your immune system with the variety of (micro)nutrients that it needs. That means plenty of fruit, vegetables, nuts, seeds, legumes and whole grains, plus if you are not vegan or vegetarian, a limited amount of healthy protein from sources such as fish, lean meat and eggs. By building variety into your diet, you can be sure to get all the vital nutrients needed to support your body as well as your immune system.

Sleep and the immune system

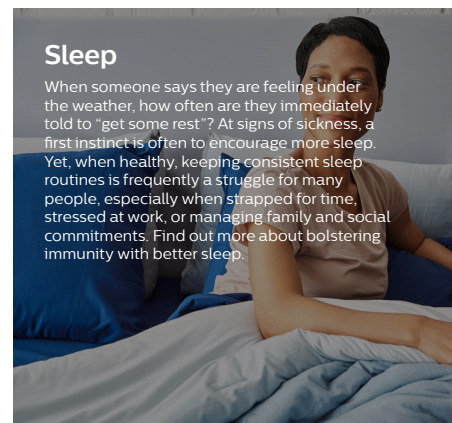
Sleep is also important. We know we need it. We know we love it. But we can't always get enough of it. High quality sleep is an important contributor to a healthy immune system. When you learn more about how sleep and the immune system are connected, it's definitely something to prioritize in your life. During sleep, your immune system releases chemical compounds called cytokines that modulate your body's response to infection, often in conjunction with so-called antibodies. The production of these compounds increases with infection or inflammation, and during periods of stress, to combat illness. However, if your body is deprived of sleep, production of these protective cytokines may actually decrease. Sleep is therefore an essential element in building up your body's immune system and making sure it is operating at full capacity when it's needed.

What can you do to maintain a strong immune system?

Find out more on what you can do to make sure you have a balanced and varied diet, and get inspired by [recipes](#) with veggie superstars. To learn more about sleep and the immune system and get tips on how to ensure you get a good night's sleep from Dr. Teofilo Lee-Chiong, Chief Medical Liaison at Philips Sleep and Respiratory Care, read this [article](#).

Sleep

When someone says they are feeling under the weather, how often are they immediately told to "get some rest"? At signs of sickness, a first instinct is often to encourage more sleep. Yet, when healthy, keeping consistent sleep routines is frequently a struggle for many people, especially when strapped for time, stressed at work, or managing family and social commitments. Find out more about bolstering immunity with better sleep.



Nutritional Health

With research pointing to a link between a healthy gut and the immune system, a healthy heart, improved mood, sleep and much more, there's no denying that what we eat has a whole range of implications for our overall well-being. There's a truly huge variety of options for creating delicious, fiber-filled, nutrient-packed vegetable dishes that your taste buds and gut will both love. Find out more about healthy nutrition and how your gut is a gateway to good health.

