The bubble has burst

As urban lifestyles undergo a sea change, we are no longer as protected as before. Our immune system is under severe strain, and more people are falling sick with a variety of illnesses. Labonita Ghosh reports

Autumn is not just a season, it’s also a time of the year when we begin to prepare for the upcoming winter. With the arrival of cooler temperatures and shorter days, our bodies naturally start to slow down. This can lead to a decrease in physical activity, which can affect our immune system.

As we enter the fall season, it’s important to remember the importance of maintaining a healthy lifestyle, which includes regular exercise, a balanced diet, and adequate sleep. By doing so, we can help to keep our immune system strong and resilient.

Here are some tips to help you stay healthy this fall:

1. Exercise regularly: Regular exercise can boost your immune system and help you fight off infections. Aim to incorporate at least 30 minutes of moderate exercise into your daily routine.

2. Eat a healthy diet: A balanced diet rich in fruits, vegetables, and lean protein can provide the nutrients your body needs to fight off infections. Avoid processed foods and snack on healthy options like nuts, seeds, and fruit.

3. Get enough sleep: Lack of sleep can weaken your immune system, so make sure you’re getting enough rest each night.

4. Stay hydrated: Drinking plenty of water can help to flush out toxins and keep your immune system functioning optimally.

5. Wash your hands: Germs can spread quickly, so make sure to wash your hands frequently with soap and water for at least 20 seconds.

By following these guidelines, you can help to keep your immune system strong and healthy this fall. Remember, prevention is the best medicine!