

As part of our "Maintaining A Strong Immune System" series

Tip 4: AVOID IMMUNITY SUPPRESSORS

As a valued member of Rolling Strong, your safety and well-being are important to us. With continued news around coronavirus (COVID-19), Rolling Strong will be sending tips on maintaining a strong immune system so you can be armed with the best chance of staying healthy!

Just as certain foods can help to boost your immune function, there are other foods that can have detrimental effects on immunity. While we are practicing social distancing and focusing on properly washing our hands, it is important to know that other lifestyle choices like good nutrition, exercise, sleep and stress can make a big difference in keeping our immune system in shape to battle this virus.

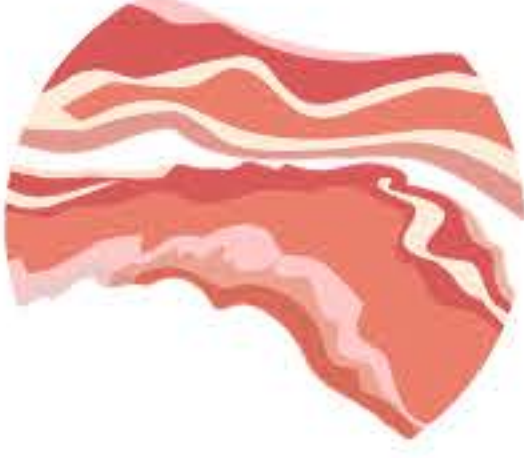


Here are a few foods to AVOID because they are Immune Suppressors



Immune Suppressor #1 SUGAR

While we might crave those sugary eating a hefty dose of sugar can suppress the immune system in just 30 minutes and can do so for up to 5 hours. Sugar decreases the white blood cells ability to swallow up bacteria and pathogens and causes our resistance to infections and disease to weaken.



Immune Suppressor #2 TRANS-FATS & SATURATED FATS

Saturated fats are fats that are solid at room temperature and are found in fatty red meats, pork, processed meats, poultry skin, butter, cheese and full fat dairy foods. They have been found to suppress the body's immune system T- cells. Trans-fats are found in fried foods, baked goods, chips, crackers and processed foods. These are 'damaged' fats and elevate oxidative stress in the body, which triggers the body's immune system inflammatory response.



Immune Suppressor #3 EXCESSIVE ALCOHOL

Excessive alcohol (more than 2 drinks per day for men, 1 drink per day for women) can inhibit our bone marrow's ability to regenerate red blood cells and stresses liver function. Too much alcohol can deplete B vitamins and dehydrate the body, all of which inhibit immune response and ability.



Immune Suppressor #4 EXCESSIVE CAFFEINE

Caffeine and other stimulants such as energy drinks are diuretics that dehydrate and deplete the body of many nutrients as well as stress the adrenal glands. Over-stressing the adrenals can shrink the thymus gland and inhibit immune function over the long term.

Tips to Avoid Immune Suppressors

- Sugar is highly addictive; it ignites the same pleasure centers in your brain as opiates. The best thing is to avoid it completely. When you feel a sugar craving, eat a little protein and healthy fat (a hard boiled egg is a perfect combo). If you crave sugar for 'comfort' practice a deep breathing exercise to help quell any stress that is driving the craving.
- Foods high in trans-fats are often high in sugar as well. Munch on a healthy fat such as a small handful of raw almonds or walnuts to stabilize blood sugar and stop cravings.
- Although moderate alcohol can be a part of a healthy diet, it's important to follow guidelines. Moderate drinking for men means no more than 2 drinks per day, for women moderate alcohol intake means no more than 1 drink per day. Since alcohol dehydrates you, it is a good idea to drink more water if you include moderate alcohol in your daily routine.
- Moderate coffee intake does have some benefits, but if you are a "caffeine fiend" you most likely are caffeine dependent and it may suppress immunity if you take in too much. Gradually cut back to avoid withdrawal symptoms like headaches. Energy drinks generally contain a lot of sugar and other substances that can alter heart rhythms, so avoid them altogether. Just like alcohol, caffeine can be dehydrating so make sure you always meet your hydration needs with water- that means 1/2 your body weight in fluid ounces every day. We calculate your water intake needs for you in the app on the hydration page!

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Stay tuned for the next tip on maintaining a healthy immune system and Roll Strong!

