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## TREAT YOUR IMMUNE SYSTEM AS YOU WANT TO BE TREATED



In my never-ending web-based quest for eternal youth, I have come across yet more common sense tips. This time for staying healthy. Which, quite frankly, buys me more time as I surf my way to the Holy Grail. With these simple steps, at least I can stay healthy while I'm aging...and surfing. And, come to think of it, following these tips just may have the added benefit of helping me with the appearance of aging, too.

To help avoid becoming run down and to keep a strong immune system - the best defense against illness - here are some things I plan to do everyday:

**Eat Well.** For the best shot at staying healthy this winter, I'll load my plate with plenty of vegetables and fresh fruit everyday. The vitamins from the fruits/vegetables help keep my immune system strong. Plus they help to fill you up, so I'll be less inclined to add the empty calories and cut down on meat portions at the same time.

**Wash hands often.** Using soap under warm running water for at least 20 seconds is ideal, or when on the go hand sanitizer in my purse is a good mobile alternative.

**Get Plenty of Sleep.** I'll try going to bed around the same time every night so my body learns to anticipate sleep. Eight hour/night is the target (maybe I'll set an alarm clock so I don't overdo a good thing.)

**Reduce Stress.** Easier said than done. Especially these days. A simple technique is to try allocating even 15 minutes/day totally to myself. Listen to music with headphones. Meditate. Take a luxuriating bath.

**Stay Active.** This doesn't necessarily mean pumping weights at the gym (thank God.) Walking. Gardening. Dancing. Any activity that keeps me moving everyday. Preferably something I enjoy so it's easy to incorporate into my daily lifestyle.

**Take a Multi-Vitamin.** This simple daily routine can play an important role in maintaining a healthy body. I'll make sure it includes Vitamin D or else I'll take that separately.

**Take time off.** I know I can't avoid becoming ill 100% of the time. When illness strikes, the best way to speed recovery is to stay at home and rest. Plus it reduces the risk of infecting others, which friends and colleagues will no doubt appreciate. This has the added benefit of maintaining a social network - and as we learned in my previous column, that's a sure way to live to 100.