



Boost your immune system & stay healthy

(StatePoint) The hectic holidays and chill in the air can take a toll on the immune system and make one more susceptible to cold weather challenges. Stay healthy and vital all season by taking the following steps.

Be Balanced

From eggnog and cookies to champagne toasts at midnight, you may be more likely to over indulge during the holiday season than at other times of the year. Be mindful of what you are eating and drinking at parties and on a day-to-day basis, and then balance out these extravagances with plenty of rest, regular exercise, healthy hydration and an

otherwise nutrition-filled diet.

Get Some Support

“We are learning more each day about what weakens the immune system and how we can strengthen it for better health,” says Larry Robinson, PhD, vice president of scientific affairs at Embria Health Sciences, a manufacturer of natural, science-based ingredients that support wellness and vitality. “Good immune health requires more than just getting enough vitamin C.”

For some extra support this season and beyond, consider taking an immune-supporting supplement that goes further than a standard vitamin

C tablet.

Relax

The holiday season is meant to be joyful. Unfortunately, it can also be stressful. From navigating a shopping mall parking lot on the busiest day of the year to dealing with the extended family, stress can compromise your immune response.

Use at least some of that time you may have off from work to truly relax, scheduling some down time for yourself -- whether it's curling up with a glass of green tea and a paperback, taking a bubble bath or doing yoga.