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## Natural Source of Immunity Booster

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**Abstract:** The immune system is one of the most developed in nature. It is an amazing defense designed to protect us from millions of germs, viruses, fungi, toxins and parasites. The immune system is very complex. It is made up of several types of cells and proteins that have different functions to fight off foreign invaders. The immune system plays a key role in the immune system. Natural antibodies are a product, which helps to increase the immune system. Citrus Fruit, Red bell pepper, Broccoli, Garlic, Ginger, spinach, yogurt and almonds, etc. b12. When our immune system is working properly, we are protected from the dangers posed by germs. If not, we are suffering from sickness and disease. You may be involved in this process and make our immune system stronger by using immune boosters. Immune boosters work in various ways. They increase the number of white blood cells in the immune system and train them to fight off pathogens. Eating a low-fat, plant-based diet can help give your immune system a boost. The immune system relies on white blood cells to produce antibodies to fight off viruses, bacteria, and other invaders.

**Key words;** Immunity, Natural Immunity booster, fight against.

**Introduction:** The immune system is the main immune system and, in some cases, the body may not be able to get enough response. Therefore, it is important to eat a diet that strengthens the immune system to fight off seasonal infections such as flu and infection, cancer, arthritis, allergies. Sometimes, during a cold or flu, one will wonder why some people are not infected even though they are in contact with those who have the disease, considering that the flu and cold are spread by airborne droplets. Yes, it is because some people have a stronger immune system than others. How did this happen? Remember, the immune system is the first line of defense in the antigen that attacks the body. therefore, as the immune system is stronger, it is less likely to develop other diseases but not completely.

Dietary changes can increase and strengthen the immune system of a person with weakened immune systems such as people with health problems such as diabetes, high blood pressure, other anemia such as HIV / AIDS.

### How the immune system works: -

Depending on the antigen load, the immune system responds quickly by producing specific antibodies against the antigen in large quantities. The function of the immune system is enhanced by its ability to detect millions of antigens and to produce antibodies against the immune system.

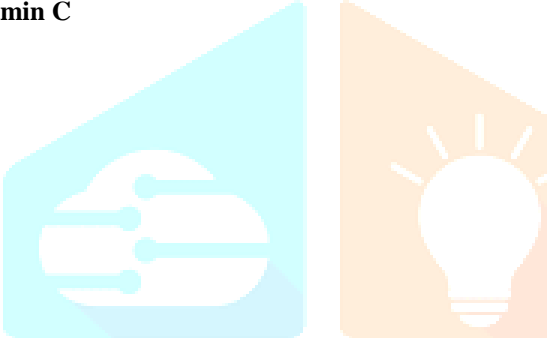
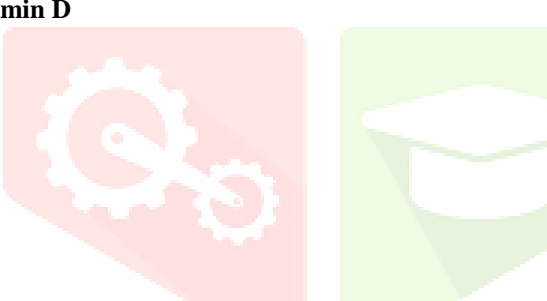
In addition to its ability to attack millions of antigens, it is important to increase the immune system to act against antigens. Immunosuppression means eating or consuming certain foods that provide additional benefits to the body. To strengthen the immune system, it is important to take the right kind of diet in the right quantities. Depending on the antigen load, the immune system responds quickly by producing specific antibodies against the antigen in large quantities. The function of the immune system is enhanced by its ability to detect millions of antigens and to produce antibodies against the immune system.

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**Vitamins, Minerals, and Antioxidants**

Studies have shown that fruits and vegetables provide nutrients - such as beta-carotene, vitamin C and vitamin E -which can increase body fat. Because many vegetables, fruits, and other plant-based foods are also rich in antioxidants, they help to reduce oxidative stress. Eating a low-fat, plant-based diet can help give your body energy. The immune system relies on white blood cells to produce antibodies to fight off viruses, bacteria, and other invaders.

Some of these vitamins and minerals boost the immune system and provide many benefits to the body including:

Vitamins and Minerals	Role
Vitamin A	<b>Vitamin A</b> has an antioxidant effect to help strengthen the immune system in the fight against infection.
Vitamin B6	<b>Vitamin B6</b> is important in supporting chemical reactions in body structures. Vitamin B6-rich foods include chicken and cold water for fish such as salmon and tuna. Vitamin B6 is also found in raw vegetables and chickpeas, which are the main ingredient in hummus.
	<b>Vitamin C</b> is one of the most important antibodies in the immune system. Foods rich in vitamin C include oranges, grapes, tangerines, strawberries, iron peppers, spinach, kale and broccoli. Eating vitamin C daily is essential for good health because your body is not producing or maintaining it. The good news is that vitamin C is in so many foods that most people do not need to take a vitamin C supplement without a doctor's advice.
	In our body's vitamins are derived from food, but <b>Vitamin D</b> may be outside that law. You can supplement your diet with foods such as fatty fish (salmon, mackerel, tuna and sardine) and fortified foods such as milk, orange juice and whole grains. Many people find it difficult to get <b>vitamin D</b> in the diet, so if you have a vitamin D deficiency, talk to your doctor about supplements.
Vitamin E	<b>Vitamin E</b> is a powerful antioxidant that helps the body fight infections. Foods rich in vitamin E include nuts, seeds and spinach.
Iron	<b>Iron</b> , which helps your body carry oxygen to the cell.
Zinc	<b>Zinc</b> controls inflammation in your body.
Selenium	<b>Selenium</b> seems to have a strong effect on the immune system.

Some of these foods that boost immunity and offer many benefits to the body include:

### 1. Almonds as Immune Booster Foods: -

Almonds are a type of dried fruit that are widely used to protect against colds. They are small in size but contain many nutrients that are beneficial to the body, a whole-body mass made up of vitamins and minerals and healthy fats.

The benefits of almonds include:

- Lowering blood pressure
- Control blood sugar
- Control cholesterol levels
- Raising constipation, respiratory disturbances, and anemia.
- They also help to repair and grow hair, strengthen nails, and strengthen teeth and care.
- They have Vitamin E and C which are great immune boosters.
- Nuts contain 5 grams of carbohydrates that maintain a low carb level in the diet.
- It is rich in antioxidants that regulate free radicals that fight infections, have anti-inflammatory effect, strengthens the immune system, and has anti-hepatotoxicity effect.
- Almonds improve the flow of food through the colon, thus preventing the formation and subsequent colon cancer.
- The presence of Vitamin E is an effective antioxidant that reduces the risk of heart disease and is combined with magnesium that helps prevent heart attacks.
- Almond oil is a nutrient that provides good health and functioning of the nervous system. Like dried fruit, it contains riboflavin and L-carnitine which have been linked to brain growth and function. It is recommended that children help with mental development. They also reduce the risk of Alzheimer's disease.
- Vitamins, minerals, and phosphorus are linked to bone growth and strengthening.
- Almond oil is used for body massage and to improve skin appearance and relieve aging.
- Almonds can be eaten in a variety of ways including, making almond milk a nutritious beverage better than milk; can be used as a top-up in yogurt or oatmeal; grinding nuts to make a powder that can be used to prepare almond butter by adding salt; sprinkle almond powder with vegetables and salads; used as a garnish for dishes and pizzas.

### 2. Broccoli as Immune Booster Foods:

- This is a vegetable rich in vitamins and minerals and fiber.
- They contain Vitamin A, C, and E, they have several antioxidants, which are then suitable as one of the healthiest vegetables.
- Make sure you get all the nutrients from broccoli, cook it temporarily or eat it raw.

### 3. Citrus fruit as Immune Booster Foods:

- This is a vitamin C food that mainly helped in treating flu and colds.
- They boost the immune system by increasing white blood cell production, which are the major elements involved in protecting and fighting infections in the body.
- These fruits include lemons, oranges, limes, grapefruits, tangerine, and clementines.
- However, it is important to consume citrus fruits daily to boost immunity continuously because the body does not produce vitamin C naturally.
- They can be consumed whole or they can be squeezed into the meal while eating.

#### 4. Elderberry as Immune Booster Foods:

- This is a type of forest tree berry and its flowers that have been studied and known for their health benefits for centuries now. It is scientifically known as *Sambucus nigra*.
- Used to make syrups, jam, food colors, wine, and trucks.
- Elderberry pieces have been shown to have anti-bacterial, antiviral, anticancer and anti-inflammatory properties.
- It contains several flavonoids.
- Elderberries are added to syrups which are used as a remedy for colds, flu and sinus infections. Reduces inflammation of the mucous membranes.
- Being a plant that helps with flu management, can also help provide a stronger immune response compared to COVID-19.
- They have a laxative effect.
- Lower blood sugar levels in diabetic patients.
- In general, elderberries stimulate the immune system to produce antibodies to foreign agents.
- Elderberries used to treat such conditions;
  - a. Headache
  - b. Fever
  - c. Constipation
  - d. Upper and lower respiratory tract infections
  - e. Physical pain
  - f. kidney conditions
  - g. epilepsy
  - h. Small skin conditions
  - i. Depression

**NOTE:** Elderberry may be resistant to certain medications such as diuretics, laxatives, steroids, chemotherapy, diabetes medications, and theophylline / so it is important to check with your doctor and / or pharmacist if you are under medication before taking elderberries to prevent contact with the body. In addition to resisting certain medications, pregnant women should also consult a physician before taking it. In the event of an overdose, discontinue the use of berries.

#### 5. Garlic as Immune Booster Foods:

- Garlic is often used in cooking to add small songs to a meal.
- It is a popular supplement known for its ability to strengthen the immune system.
- For centuries now, garlic has been used to treat the above and systemic infections. It has antiviral, antiviral and antifungal properties.
- Garlic bulbs are also rich in antioxidants containing free radicals that can increase the treatment of Alzheimer's, cancer and heart conditions among others. is well-known for its role in the management and reduction of flu-like symptoms.
- Especially during the outbreak of COVID-19, garlic consumption has become an important part of the diet of many people.
- Studies have shown that people who consume garlic in their diet have fewer flu-like symptoms than those who do not take it at all or those who take antiretroviral drugs.
- However, the use of garlic helps to reduce the duration of the flu and colds.
- It also plays a key role in lowering blood pressure and reducing arterial stiffness.
- It is also a good remedy for chronic pain caused by arthritis.
- The strengthening properties of garlic are due to the presence of high concentration of sulfur-like compounds such as allicin.

#### 6. Ginger as Immune Booster Foods:

- This is a root tumor known for its anti-inflammatory effect in colds and flu, especially when a person has a sore throat and / or inflammation.
- It also reduces nausea.
- Ginger contains gingerol which helps reduce chronic pain and also lowers cholesterol levels.
- It contains several antioxidants which are very effective anti-inflammatory and anti-inflammatory. These effects are enhanced by the body's mechanisms at the time of infection, the body's free radicals that cause oxidative stress. These free radicals combine with the antioxidants produced by ginger creating an anti-inflammatory effect and properties that increase the body's energy.
- Anti-inflammatory effects help protect the body against arthritis, cancer, neurodegenerative disorders, and hypersensitivity.
- It has also been proven that ginger has antibacterial and antimicrobial effects.

Ginger can be eaten in a variety of ways:

- a) Add the grated ginger to hot tea or chocolate
- b) Grinded ginger can also be added to cakes when cooking as muffins and cakes, cookies, etc.
- c) It can be used for cooking and serving meat and poultry and vegetables.
- d) It can be added to bees and hot / warm water.

### 7. Green Tea as Immune Booster Foods:

- This is an herbal variety of flavonoids.
- They are natural anti-oxidants, which contain several polyphenols that have anti-inflammatory properties that prevent premature aging.
- Antioxidants protect against cell damage which can cause chronic diseases.
- They also have a common antioxidant known as epigallocatechin gallate, an EGCG that has immunomodulatory properties.
- Green tea contains caffeine and L-theanine amino acids that provide calming power, improve brain function and improve memory, mood enhancement and mental performance.
- L-theanine also helps in the production of anti-bacterial T-cells.
- The ability of green tea to counteract oxidative stress makes it also a powerful defense against neurodegenerative disease, including Alzheimer's disease and Parkinson's disease.

### 8. Mushrooms as Immune Booster Foods:

- These are edible fungi, naturally saprophytic, which derive their nutrients from the rotten matter of plants and animals. they come from the family of Agaricus. There are more than 140,000 species of mushrooms, varying in size, shape, color, texture, and properties, but only 9-10% of these mushrooms are known and studied for their health benefits.
- Mushrooms are rich in Vitamin B (riboflavin, folate, thiamin, and Niacin), Vitamin C, Vitamin D, Potassium, Magnesium, sodium, phosphorus, choline, Calcium, and selenium are essential for boosting the immune system.
- Selenium minerals have anti-cancer, antioxidant and anti-inflammatory properties. Therefore, the presence of selenium in mushrooms contributes to its importance in reducing cancers such as lung cancer, prostate cancer, and breast cancer, according to the National Cancer Institute.
- Selenium also reduces and prevents the risks of heart disease, as well as thyroid disease. However, further research and experiments were conducted to confirm these structures.
- Choline is also an antioxidant known to reduce the risk of prostate cancer; studies have proven.
- Mushrooms are well-known for their antibodies. They contain a special amino acid known as ergothioneine, a potent antioxidant that provides protection against free radicals during infection and enhances the immune system.
- Some mushrooms have natural antimicrobials that prevent bacterial growth and infection. these naturally occurring antibodies also boost the body's immune system by stimulating and regulating its responses.
- Complex carbohydrate mushrooms (Polysaccharides) also contribute to strengthening the immune system.
- Other important mushroom properties include:
  - 1) lower cholesterol levels by using its fiber and enzymes to lower cholesterol levels.
  - 2) they are low energy and low carbohydrate foods suitable for the diet of each person with diabetes
  - 3) they contain a lot of calcium that helps in bone growth and strengthens preventing bone deformities such as osteoporosis and osteoporosis.
  - 4) The availability of vitamin D helps to absorb the most important calcium and phosphorus in the body.
  - 5) The discovery of antimicrobial agents naturally produced by mushrooms helps in the treatment of stomach ulcers and wounds.

### 9. Papaya as Immune Booster Foods:

- This is a nutritious fruit made up of plenty of Vitamin C.
- Contains digestive enzymes called papain that have anti-inflammatory effects.
- Papain also acts as a laxative, reducing constipation.
- They also contain potassium, Vitamin B, and folate which are healthy nutrients.

### 10. Spinach as Immune Booster Foods:

- This is one of the richest raw vegetables, also known as superfood, known for its richness in Vitamin A, C, fiber, beta carotenes, Magnesium, calcium, iron and several antioxidants which increase the body's ability to fight disease.
- It is a green, leafy vegetable that has benefits for skin, hair and bones.
- Healthy when cooked in low / medium (low) heat that allows for the release of Vitamin a and oxalic acid and preserves vegetable nutrients.
- They are also important nutrients for mediating cell division and DNA repair.

### 11. Turmeric as Immune Booster Foods:

This is the most common yellow-colored ingredient, with a bitter test using an anti-inflammatory effect. It is used as a spice and as a medicinal plant. Turmeric is a very nutritious food that is widely used as a supplement. And there are great benefits to body and brain growth.

- Curcumin is the main active ingredient in turmeric with its strong anti-inflammatory properties, which prevent inflammation at the cellular level.
- Curcumin also improves brain development, improves brain function and reduces the risk of brain disease.
- They also contain powerful antioxidants that reduce skin aging and prevent infections by blocking free radicals.
- They have high levels of curcumin which helps to reduce muscle damage caused by exercise.
- It is used to relieve pain caused by osteoarthritis and rheumatoid arthritis.

### 12. Yogurt as Immune Booster Food:

- Good and beneficial yogurt has a living and active culture that encourages the immune system to help fight infections. It is a fermented milk product prepared from milk with probiotics added to sugar and / or flavor bacteria. During the fermentation process, lactic acid is produced which makes the milk proteins stronger and produces a different texture and taste.
- Over the centuries it has been eaten, it has been shown to be very nutritious, and is a great immune stimulant.
- It is a great source of Vitamin D, which regulates the immune system and strengthens the immune system. Can be drunk without sugar or spicy. Sugar-free yogurt is the best that can be mixed with fruit and honey for testing. Pure yogurt without the added colorants is a white, thick, fragrant liquid.

**Conclusion :-** It is important to know that all of these dietary supplements can be taken to boost and maintain the immune system to fight various diseases and ailments and to help manage other diseases and eliminate certain signs and symptoms caused by diseases. It is recommended that you eat these supplements regularly to reduce the risk of infection and infection. Eat well to protect your body.

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