

Our top advice for enhanced immunity

Lots of fresh fruit and vegetables

While it can be tempting to stock up on things like pasta and tinned foods, make sure you're not neglecting the fresh foods that are proven to maintain good health.

Avoid lots of alcohol

It's likely that we're all having a few more glasses of wine than usual while cooped up at home. That's totally ok! But if you notice that it starts to affect your quality of sleep, maybe cut down a little.

Exercise and sleep

It doesn't matter what exercise you do; exercise has been scientifically proven to boost immunity, whatever your age! Coupled with good sleep, your body will be fighting fit! (Check our sleep guide as well)

Try to avoid panic!

When you get very anxious, your immune system is less effective. This is because your body thinks there is a threat that is more pressing than immunity. Try breathing exercises or meditation to stay calm.

Supplements

Our top 3 recommendations:

- Vitamin C (ideally sodium ascorbate rather than ascorbic acid)
- Zinc (best forms are zinc acetate or zinc gluconate)
- Vitamin D - this is a BIG one! We have stocks of very high quality vit D

Limit your sugar intake

Diets that are high in sugar, especially refined sugar, have been linked with conditions like diabetes, obesity and heart disease as well as seeming to have an immune-weakening effect.