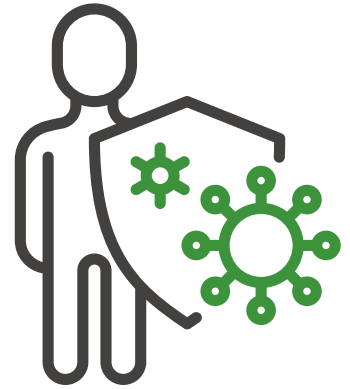


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For Better Health Series (1) Improve Your Immunity

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The spread of the COVID-19 virus has caused panic and extremely important health and economic consequences. Elderly, people with chronic diseases, and those who are HIV-positive are more likely to become infected with the virus. The question here is, can we increase and support the body's resistance to infection? In this regard, there are many allegations and perhaps some studies that indicate the importance of a vitamin, natural or medical ingredient or component, what is the validity of these claims?

Human immune system:

There are two types of immunity, auto immunity, which is a general immunity that seeks to distinguish the enemy from the host and expel what it deems an infection, and acquired immunity arises against a specific enemy and is very complicated as it includes different groups of specialized immune cells that understand each other and specifies tasks for each cell. How can we affect such complicated immune system that we still don't know much of its details?

The Role of Vitamins and Herbs

Despite the importance of vitamins and minerals in many body functions, they are found in a balanced diet, especially vegetables and fruits. Therefore, the benefit of compensating these minerals is limited to the cases of their deficiency as is in diseases of malnutrition, food absorption deficiency, after weight loss and medical slimming operations and sometimes in patients with chronic diseases. The excessive intake of vitamins and minerals and without any deficiency did not prove to be helpful in supporting immunity. Also, the increase of some in the serum level may lead to side effects. Likewise, studies on substances such as beta-carotene, green tea, garlic or natural herbs do not fall into convincing scientific level and have not been shown to support the immunity.

Useful Germs (Probiotics)

Like lactobacilli, which is an important component of intestinal health, there are many studies linking its disorder to chronic diseases, but there is not yet sufficient evidence to support its intake to strengthen the immunity in general.

What Is the Current Alternative?

Wisdom requires that the complexity of the immune system based on the balance of the body will work better when the body is in a healthy and balanced condition and therefore maintaining this healthy balance is the best way currently to support the body's resistance.

In the future, we will discuss ways to achieve this balance, which includes several topics:

- 1- Well-Balanced nutrition and the increase of vegetables and fruits rich in antioxidants
- 2- Maintain a normal weight as much as possible
- 3- Exercising regularly
- 4- Reducing psychological stress as much as possible
- 5- Taking vitamins and minerals supplements if they are deficient
- 6- Taking the vaccines as scheduled in the specified times to support the immunity
- 7- Treating chronic and debilitating diseases appropriately
- 8- Avoid smoking
- 9- The Sufficient moderate sleep
- 10- Healthy habits such as washing hands, cooking meat well and others