

Enhancing Your Immunity 加强您的免疫系统

What's with your immune system?

You and a friend step into a crowded elevator and immediately notice two people coughing and sneezing up a storm. Within a couple of days you come down with a bad cold; and blame it on that elevator ride. Yet your friend, exposed to the same germs at the same time, remains perfectly healthy.

What made the difference? The power of the immune system. It's a network that can help us avoid illness, or sometimes become the underlying reason we get sick. But is there anything you can do to keep your immune system from dropping below par or increase its activity if it does?

当您和友人踏入一座拥挤的电梯时，您就发现有两个人在猛咳嗽及打喷嚏。过了几天，你患上严重的感冒，于是开始怪罪那次的电梯之旅。不过您的那位友人，虽然同一时间暴露在同样的细菌之下，却相安无事。

为什么会有这样呢？这都是人体免疫系统强弱的分别。免疫系统是一个能协助我们对抗疾病的武器，但有时也是造成我们生病的主因。我们能不能让我们的免疫系统保持在良好的状况，或甚至强化它的能力呢？

Ways you can optimize your body's immune system include 当然可以，增强人体免疫系统的方法包括：

■ Exercise regularly 定时运动

But not too much! Moderate exercise of about 30 minutes, done most days of the week helps to improve the amount and activity of a number of the body's immune cells.

定时运动，但切记勿过量！每周多天适量运动30分钟左右，将能改进人体免疫细胞的数量及活力。

■ Eat small healthy meals and wholesome foods 少吃多餐，多吃健康食物

Eating a well-balanced diet low in fat and abundant in antioxidants found in fruit and vegetables, and grains on a regular basis provides fuel the body needs to build a strong healthy immune system.

多吃营养均衡低脂及富含抗氧化剂的蔬菜、水果和谷类，将有助增强人体的免疫系统。



■ Drink plenty of clean water 多喝清洁的水

Water flushes your system, washing out toxins as it rehydrates you. 能洗涤我们的身体系统，并排除毒素。

■ Rest and relax 充足睡眠与休息

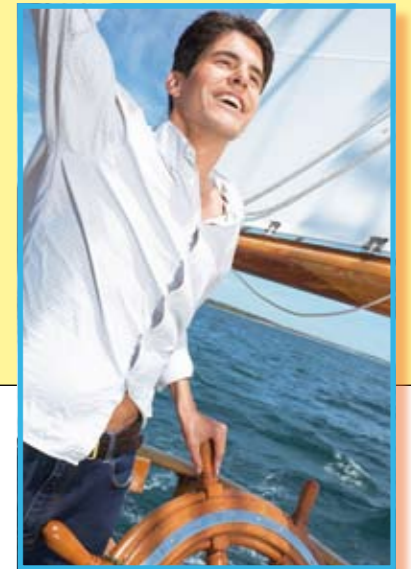
The body needs rest from the stress and strain of daily life to get recharged. Adequate restful sleep helps to restore our bodies and refresh our minds.

经过一整天的忙碌和紧张生活之后，人体极需充足的休息和充电。充份的睡眠将能使人体恢复精力，并使头脑保持清醒。

■ Breathe fresh air 新鲜空气

Oxygen is needed by every cell in the body in order to live. If a cell is deprived of oxygen for just a few seconds it dies, just as you would die if you couldn't get oxygen.

人体每一个细胞都需要依赖氧气来存活。一个细胞若缺乏氧气几秒钟就无法存活，正如我们人一旦缺乏氧气就不能生存。



■ Stay away from cigarette smoke 远离香烟

Statistics show that heavy smokers get more severe and more frequent colds than non-smokers. Just being around smoke profoundly zaps the immune system.

数据显示，烟客比不抽烟者更常患上严重的感冒，免疫系统严重受挫。

■ Develop a positive mental attitude 积极思维与心态

Our mental attitude affects the immune system. Believe it or not, if you think you can recover from illness, your immune system actually works better. Negative feelings depress the immune system.

我们的心态将影响我们的免疫系统。你相信，如果你认为您会病愈，你的免疫系统将能更完善运作，而消极的心态则会压抑免疫系统。

■ Relieve stress 解压

Excessive stress depresses the immune system. Do something in which you can find enjoyment. Avoid stressful situations whenever possible.

强大的压力将压抑我们的免疫系统。尽可能放轻松，不要给自己太多的压力。