

Mayo Clinic Minute: How to maintain a healthy immune system

NATS	(Coughing)
	Between seasonal illnesses and the COVID-19 pandemic, your immune system may be top of mind.
Stephen McMullan, M.D. Family Medicine Mayo Clinic	"Basic healthy lifestyle principles: Eating well, sleeping well, reducing stress and trying to stay physically active."
	Dr. Stephen McMullan, a Mayo Clinic family medicine physician, says your immune system requires care and is not something you can give a lasting boost overnight, so don't rush to the cabinet for pills or powders.
	"I think a misconception is that there's supplements or products out there that can really boost the immune system. Unfortunately, they haven't really had robust evidence that they're highly effective."
	Think about long-term adjustments to your lifestyle: a diet that includes lean proteins, seven to nine hours of sleep nightly, daily exercise, and eliminating stressors in your life. The results can help you stay healthy past seasonal illnesses.
	"Incorporate the healthy lifestyles that will boost your immunity. And luckily, they also reduce the risk for certain diseases like high blood pressure, heart disease, strokes, cancer, diabetes."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.