

In The News

Choosing a health lifestyle is your first line of defense in strengthening your immune system. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy. Researchers have long studied the effects of diet, exercise, age, psychological stress, and other factors on the immune response. Healthy immune systems need good and regular nourishment and certain foods may be helpful for boosting the immune system and preventing colds and the flu.

Your immune system's job is to defend your body against illness and disease. "The complex system is made up of cells in your skin, blood, bone marrow, tissues, and organs that — when working the way they should — protect your body against potentially harmful pathogens (like bacteria and viruses), and limit damage from noninfectious agents (like sunburn or cancer)," according to the National Institutes of Health (NIH).

The nutrients you get from food, in particular plant-based foods like fruits, vegetables, herbs, and spices, are essential to keeping your immune system functioning properly, according to Yufang Lin, MD, an integrative medicine doctor at Cleveland Clinic in Ohio. In addition, other factors like exercising regularly, keeping stress levels under control, getting good quality sleep, not smoking cigarettes, and keeping symptoms of chronic illness under control have been proven to aid in building your immune system.

Source: <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

Lin, Yufang, MD "Integrative Medicine Physician's Approach to Chronic Medical Disease" ISSN: 2637-7802, May 25, 2019.

Self-Care Corner

IMMUNE BOOSTING FOODS

Eating a healthy diet that provides an adequate amount of essential nutrients is a great way to protect your health, especially your immunity. To support a strong and healthy immune system, here are five nutrients your body needs and where to find them:

1. **Carotenoids.** This important nutrient is found in apricots, carrots, kale, mango, and papaya.
2. **Omega-3 fatty acids.** Try flaxseed, walnuts, and oily fish including herring, mackerel, salmon, sardines, and trout to reap the benefits.
3. **Vitamin C.** Good sources of vitamin C include broccoli, citrus fruits, kiwi, peppers, and strawberries.
4. **Vitamin E.** This powerful antioxidant is contained in almonds, hazelnuts, peanut butter, sunflower seeds, and wheat germ.
5. **Zinc.** This essential mineral can be found in baked beans, cashews, chickpeas, and oysters.

Sources: <https://www.verywellhealth.com/types-of-foods-to-boost-your-immune-system-89020>



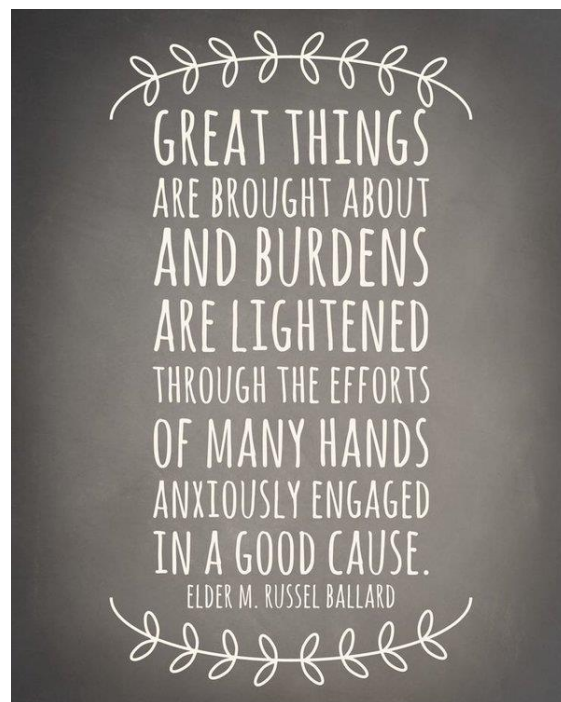
Coach-Connect

Today we would like to highlight the team at George Washington University Hospital. Concerned about safety and protecting the coaches, GWUH decided to allow the team to work remotely shortly after the COVID-19 pandemic hit in March. The team had to quickly adapt to the change and modify their workflow to accommodate a remote model.



The team provided telephonic brief interventions and worked as a team in following up with patients. The team met weekly to assess strategies to increase productivity and effectiveness in service delivery. The team has transitioned back on site and are utilizing creative ways to engage with patients such as telehealth for those experiencing Covid-19 symptoms.

Great job GWUH team!



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