

HealthyBy Choice

...One Day at a Time

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National Immunization Month

Three Reasons all Adults should Get Vaccinated

1. You may be at risk for serious diseases that are still common in the U.S.

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die.

Even if you got all your vaccines as a child, the protection from some vaccines can wear off over time. You may also be at risk for other diseases due to your age, job, lifestyle, travel, or health conditions.

2. You can't afford to risk getting sick.

Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your family or other responsibilities.

3. You can protect your health and the health of those around you by getting the recommended vaccines.

Vaccines lower your chance of getting sick. Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.

Vaccines lower your chance of spreading certain diseases. There are many things you want to pass on to your loved ones; a vaccine preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine preventable diseases.

Vaccines are one of the safest ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

What Vaccines Do You Need?

All adults should get:

- Flu vaccine every year to protect against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough)

Based on your age, health conditions, vaccines you received as a child, and other factors, you may need additional vaccines such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- MMR
- Meningococcal
- Pneumococcal
- Shingles



(Information from the CDC)



Don't Wait. Vaccinate!



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Immune Booster Foods

Certain foods are heralded for their **antioxidant qualities** helping you to stay healthy and ward off illnesses. Dr. Neal Malik who leads the Master of Science in Nutrition for Wellness program at Bastyr University, Kenmore, Washington helps take the mystery out of healthy food choices and shares the **immune-boosting potential** of certain foods.

Mushrooms. A good source of vitamin D and an underutilized immune-boosting food. In fact, clinical researchers discovered improved immune responses in cancer patients who are receiving chemotherapy and radiation after consuming mushrooms.

Turmeric. Typically found as a bright yellow powder, this immune system booster is often used in Asian curry dishes. You may also find turmeric supplements, but be careful with these – many have failed quality testing but are still available on store shelves.

Sweet Potato. High in vitamins A and C, a one-two punch when it comes to knocking out bacteria and viruses.

Ginger. May help our immune cells win the battle against colds and the flu. Add fresh ginger to your stir-fry recipes or as part of a healthy salad dressing!

Fresh Garlic. Researchers are discovering that this common ingredient may help kill bacteria and viruses. When possible, consume fresh garlic as opposed to relying on garlic capsules/supplements – the jury is still out as to whether these have the same effect.

Hot Tea. A perfect beverage on a cold day, we are finding that it may help our bodies ward off infections. Not only that, but as an added bonus, drinking tea will help keep you hydrated.

Cinnamon. Contains essential oils that may help reduce the amount of time we spend getting over a cold or the flu. But, be careful about using cinnamon sugar, which is not the same as pure cinnamon!

Berries. Naturally high in vitamin C and other powerful antioxidants, these can be enjoyed fresh or frozen. I would recommend consuming whole berries, rather than relying on juices/smoothies.

Honey. This sweetener has been used as an antibiotic for centuries. It was believed that ancient Romans would apply it to their eyes when they had a bout of conjunctivitis (“pink eye”). Turns out, they were on to something: honey has been found to prevent the growth of bacteria. Add it to your tea or as a topping on your whole grain pancakes or waffles.

Yogurt. A good source of vitamin A, protein and zinc, yogurt is a great snack. Not only that, but yogurt contains healthy bacteria that may protect your digestive tract from disease-causing germs.

Combine yogurt, berries, and a teaspoon of honey, and you’ve got a near perfect super-hero snack!



(Tips from healthyaging.net)



The Greatest Wealth is Health!

