

Asst. Prof. Tossaphon Namhong (2022, April), The importance and strengthening of the immune system : Food Focus Thailand : 17 (193) : 52-56

Immune system is the mechanism by which life develops to protect each other from the dangers of small creatures or foreign bodies that cause disease and dangers such as pathogenic microorganisms such as bacteria, viruses, parasites, exposure to allergens that stimulate the functioning of the immune system We call these antigens. Immunity is like a protective umbrella. “germs and foreign matter” that will harm the body

Where does the immunity come from?

- Immunity transmitted through the placenta from mother to child while in the womb. The newborn will have this immunity to protect against disease while the body is still young.

Weak. These immunity gradually weaken and disappear by the time the baby turns 6 months old.

- Immunity derived from breast milk.
- The immune system created by the body. When there are natural infections such as measles, rubella, mumps, hepatitis B, etc.
- Immunity arising from vaccination.

Immune system It consists of two subsystems:

1. **Innate immune system or a nonspecific immune system innate** It is a non-antigenic defense mechanism. Specifically, **tears** contain enzymes that digest bacterial cell walls, **stomach**, secrete hydrochloric acid to destroy bacteria, etc.

2. **Specific immune system refers to the immune system formed.** after foreign matter or germs enter the body by to stimulate the body to produce antibodies, which can bind to foreign bodies remember because causing resistance and being destroyed

15 Foods That Boost Immunity

1. **Citrus fruit** high in vitamin C help build the immune system by creating blood cells used to fight infection
2. **Red Giant Chili** is a source of beta-carotene In the morning, the body will change to vitamin A, which helps skin and eye health.
3. **Broccoli** is rich in vitamins and minerals. and also contains fiber and antioxidants
4. **Garlic** provides zinc. and contains sulfur compounds help strengthen the immune system
5. **Ching** helps reduce inflammation. relieve nausea Spinach has antioxidants. contains beta-carotene It improves your ability to fight infections.
7. **Yogurt** boosts the immune system. (especially Greek yogurt)
8. **Almonds** are high in vitamin E. It is an important antioxidant.
9. **Sunflower seeds** Contains minerals phosphorus, magnesium, vitamins B6 and E.
10. **Mint** has properties to fight free radicals, help slow down aging, slow down wrinkles, reduce inflammation.
11. **Green tea** contains amino acids, which help in the production of germ-fighting compounds.
12. **Papaya** is high in vitamin C. and contains the enzyme papain has an anti-inflammatory effect
13. **Kiwi**, just like papaya. It also contains potassium, folate, vitamin K and vitamin C.
14. **Poultry**, especially chicken, contains vitamin B6, which plays an important role in the formation of healthy red blood cells.
15. **Shellfish** such as shrimp, shellfish, crabs are rich in zinc. Help build immunity to the body.

