**Coronaviruse and Immune Bosting Diet**

Coronaviruses are a type of virus. There are many different kinds, and some cause disease. A newly identified coronavirus, SARS-CoV-2, has caused a worldwide pandemic of respiratory illness, called COVID-19, first identified amid an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China. It was initially reported to the WHO on December 31, 2019. On January 30, 2020, the WHO declared the COVID-19 outbreak a global health emergency.On March 11, 2020, the WHO declared COVID-19 a global pandemic, its first such designation since declaring H1N1 influenza a pandemic in 2009.

**How does the new coronavirus spread?**

As of now, researchers know that the new coronavirus is spread through droplets released into the air when an infected person coughs or sneezes. The droplets generally do not travel more than a few feet, and they fall to the ground (or onto surfaces) in a few seconds — this is why social and physical distancing is effective in preventing the spread.

**Symptoms**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Most common symptoms:

* fever
* dry cough
* tiredness
* Less common symptoms:
* aches and pains
* sore throat
* diarrhoea
* conjunctivitis
* headache
* loss of taste or smell
* a rash on skin, or discolouration of fingers or toes
* Serious symptoms:
* difficulty breathing or shortness of breath
* chest pain or pressure
* loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.People with mild symptoms who are otherwise healthy should manage their symptoms at home.On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Now the question is how can we reduce the exposure and take care of ourselves if we get sick? For inside protection, you can also build up your defences from the inside by strengthening your immune system.The immune system consists of organs, cells, tissues, and proteins. Together, these carry out bodily processes that fight off pathogens, which are the viruses, bacteria, and foreign bodies that cause infection or disease.

When the immune system comes into contact with a pathogen, it triggers an immune response. The immune system releases antibodies, which attach to antigens on the pathogens and kill them.Unfortunately, our immune system can get weaker by lots of things like anxiety, toxins, lack of exercise and last but not the least, unhealthy diet.

Incorporating specific foods into the diet may strengthen a person’s immune response.

Below are the natural immunity boosters we can take;

**1. CITRUS**

The citrus foods are rich source of vitamin C that has the ability to build up the immune system. It increases the production of white blood cells in human body and help fight against harmful bacteria and infections in the body. Some of the citrus fruits are;

* Lemons
* Oranges
* Grapefruit

Regular intake of vitamin D can help you strengthen your immune system and provide energy to fight against viral diseases caused by bacteria or viruses.

2**. BELL PEPPER**

Bell pepper, also called capsicum is a rich source of vitamin C and other antioxidants boosting human immune system to prevent allergic reactions and other bacterial exposure. . Research shows that intake of one red bell pepper provides 169% of the RDI for vitamin D, making it a perfect immunity booster diet.

**3. BROCCOLI**

When it comes to vitamin C rich foods that are good in taste and healthy nutrition, broccoli is the best food with many health benefits. Broccoli is a vegetable linked to the family of cabbage. It is an immense source of vitamins K and C, a good source of folate and also provides potassium and fiber. It also is efficacious for patients that have been experiencing blood clotting problems.

Broccoli fabricates collagen in human body, which structures body tissues and bones, and help improve the healing process of wounds and incisions. It has vitamin C properties that act as antioxidants, helpful in protecting the human body from damaging free radicals. Broccoli is considered to be an excellent immunity booster diet that is also effective in preventing the coronavirus.

**4. GARLIC**

Due to its strong smell and delectable taste, garlic is a popular ingredient in cooking, mainly used in Asia. One clove of garlic or almost 3 grams of raw garlic material contains 1% vitamin C, 2% manganese, 2% vitamin B6, 1% selenium and 0.06% fiber. It is also said that garlic is the best immunity booster, reduces COLD better than any allopathic medicine. It also reduces the blood pressure and maintains it at normal level.

**5. GINGER**

Ginger has a history of use in various forms of traditional/alternative medicine systems. Where it has been used as spice in food preparation, it also carries traits that can help in digestion process, reduce nausea and vomiting. It also has the properties to fight against viral diseases such as nausea, vomiting, flu-like symptoms and COLD. Ginger is good for exercise induced muscle pains and soreness. Daily use of ginger can considerably lower the blood sugar reduces the risk of heart diseases. The bioactive substance found in ginger helps fight against the harmful bacteria and infections. It also can be used as immunity booster to help prevent the novel coronavirus.

**6. SPINACH**

Spinach is considered healthy food, as it is loaded with antioxidants and nutrients. Free radicals are consequences of life-sustaining chemical reactions in organisms causing oxidative stress, which sets off accelerated aging and escalates the risk of diabetes and other diseases. Spinach has the properties to produce antioxidants that provide help in oxidative stress and minimize its effects on human body. Good dietary remedy that protect against viral diseases, also helpful in the prevention of coronavirus. It also has chemical constituents of nitrates that are helpful in regularizing blood pressure levels.Spinach may boost the immune system, as it contains many essential nutrients and antioxidants, including:

* flavonoids
* carotenoids
* vitamin C
* vitamin E

Research also indicates that flavonoids may help to prevent the common cold in otherwise healthy people.

**7.Blueberries:**

Blueberries contain a type of flavonoid called anthocyanin, which has antioxidant properties that can help boost a person’s immune system. A 2016 study noted that flavonoids play an essential role in the respiratory tract’s immune defense system.

Researchers found that people who ate foods rich in flavonoids were less likely to get an upper respiratory tract infection, or common cold, than those who did not.

**8.Dark chocolate:**

Dark chocolate contains an antioxidant called theobromine, which may help to boost the immune system by protecting the body’s cells from free radicals.

Free radicals are molecules that the body produces when it breaks down food or comes into contact with pollutants. Free radicals can damage the body’s cells and may contribute to disease.Despite its potential benefits, dark chocolate is high in calories and saturated fat, so it is important to eat it in moderation.

**9. Turmeric**

Turmeric is a yellow spice that many people use in cooking. It is also present in some alternative medicines. Consuming turmeric may improve a person’s immune response. This is due to the qualities of curcumin, a compound in turmeric.

According to a 2017 review, curcumin has antioxidant and anti-inflammatory effects.

**10. Oily fish**

Salmon, tuna, pilchards, and other oily fish are a rich source of omega-3 fatty acids.

According to a 2014 report, long-term intake of omega-3 fatty acids may reduce the risk of rheumatoid arthritis (RA).RA is a chronic autoimmune condition that occurs when the immune system mistakenly attacks a healthy part of the body.

**11. Sweet potatoes:**

Sweet potatoes are rich in beta carotene, a type of antioxidant that gives the skin of the potatoes its orange color.Beta carotene is a source of vitamin A. It helps to make skin healthy and may even provide some protection against skin damage from ultraviolet (UV) rays.

**12.Green tea:**

Green tea contains only a small amount of caffeine, so people can enjoy it as an alternative to black tea or coffee. Drinking it may also strengthen the immune system.

As with blueberries, green tea contains flavonoids, which may reduce the risk of a cold.

**13.Sunflower seeds:**

Sunflower seeds can make a tasty addition to salads or breakfast bowls. They are a rich source of vitamin E, an antioxidant.

In the same way as other antioxidants, vitamin E improves immune function. It does this by fighting off free radicals, which can damage cells.

**14. Almonds:**

Almonds are another excellent source of vitamin E. They also contain manganese, magnesium, and fiber.

A small handful or a quarter of a cup of almonds is a healthful snack that may benefit the immune system.

Micronutrients essential to fight infection include vitamins A, B, C, D, and E, and the minerals iron, selenium, and zinc found in legumes,nuts,carrot,pumpkins,green leafy vegtables,soy milk,eggs,tomatoes ,fish,iron-fortified breakfast cereals ,mashrooms and whole grains.

Use of variety of healthy foods can help prevent the effects of coronavirus. Eating just one of these foods won’t be sufficient to help fight against the coronavirus, even if you eat it regularly.

The following lifestyle strategies may make a person’s immune system stronger:

* avoiding smoking
* exercising regularly
* maintaining a healthy weight
* avoiding alcohol or drinking in moderation
* getting enough sleep
* minimizing stress
* practicing correct hand-washing and oral hygiene

Eating healthy and protein rich food is a great start to help fight against any viral diseases including the novel coronavirus. However before going to make your weekly food chart, consider the protective measures that are recommended by the WHO to prevent this coronavirus. If you have any signs or symptoms of chronic cough, flu-like symptoms or pains all over, immediately consult with your physician. Stay safe and healthy at home…

And beyond diet, there are other measures you can take to stay as healthy as possible in the face of coronavirus.

If we do catch COVID-19, our immune system is responsible for fighting it. Research shows improving nutrition helps support optimal immune function.