

# IMMUNITY

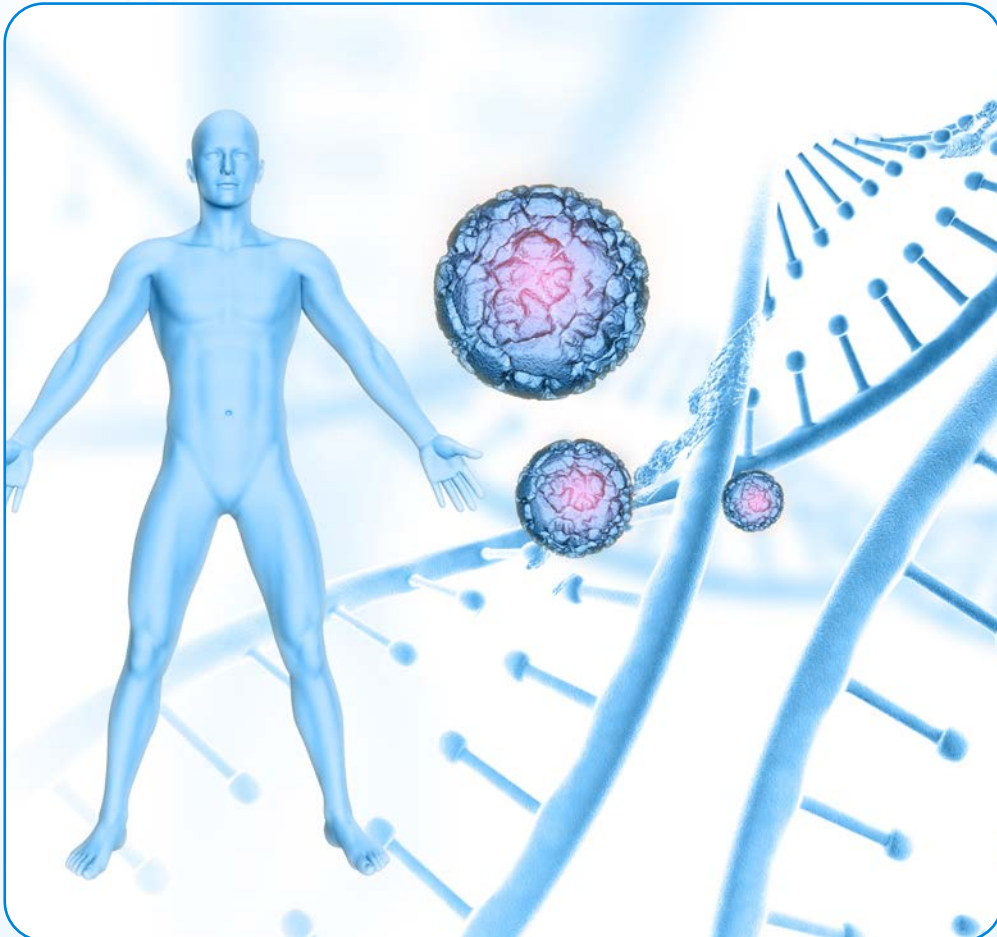


## Boost Your Immunity This Season

As the seasons change, our immune systems work overtime to keep us feeling our best. Whether it's fighting off seasonal viruses, recovering from daily stress, or maintaining overall wellness—your immune system is your body's first line of defense.

## What Is Immunity?

Your immune system is a complex network of cells, tissues, and organs that work together to protect you from infections. When functioning properly, it detects harmful invaders—like bacteria and viruses—and helps your body fight them off before they can make you sick.



## Ways to Strengthen Your Immune System:

**Eat for immunity.** Fill your plate with colorful fruits and vegetables rich in vitamins C and D, zinc, and antioxidants.

**Stay hydrated.** Water helps flush out toxins and keeps your body systems running efficiently.

**Get quality sleep.** Adults should aim for 7–9 hours per night to allow the body to repair and recharge.

**Manage stress.** Chronic stress can weaken your immune response. Try deep breathing, meditation, or light exercise.

**Stay active.** Regular physical activity improves circulation, helping immune cells move through the body more effectively.

**Keep up with preventive care.** Annual wellness visits, flu shots, and screenings are key to staying ahead of illness.

**VISALIA**  
4004 S. Demaree St. #A  
Visalia, CA 93277  
**559.272.9549**

**HANFORD**  
740 N. Irwin St.  
Hanford, CA 93230  
**559.272.9551**

  
**HEALTHWISE**  
**MEDICAL CLINIC**  
[www.healthwise.clinic](http://www.healthwise.clinic)

**PORTERVILLE**  
99 W Putnam Ave  
Porterville, CA 93257  
**559.272.9544**

**DINUBA**  
561 N Alta Ave. Suite A,  
Dinuba, CA 93618  
**559.725.8165**