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# Boost Your Immunity: Effective Health Hacks Revealed

## Description

On a brisk winter morning in London, I find myself at the edge of a reservoir, feeling both insane and underdressed in swim shorts. The water temperature is a biting 3.9°C, and seasoned swimmers inform me this isn't just cold water swimming—it's "ice" swimming. How did I get here? I've been captivated by the notion of boosting the immune system.

Our immune systems are already impressive in their defense against viruses and bacteria. However, the market is flooded with supposed "immune-boosting" foods and supplements. Can these really augment our body's defenses? Regular exercise might be the key. While studies on cold-water swimming are inconclusive, moderate exercise has been linked to fewer viral infections. Though robust clinical trials are pending, regular activity likely helps maintain a youthful immune system.

The efficacy of vitamins is debated. While a deficiency in vitamin C might harm immunity, extra intake offers little for most people. Multivitamins are often deemed needless, though some research suggests potential vitamin D benefits for those with respiratory conditions.

Your immune system is most active in the morning, becoming less so by late afternoon. Maintaining a regular daily rhythm might help enhance its effectiveness. Conversely, smoking and obesity can undermine immune health by increasing bodily inflammation, rendering us more susceptible to infections.

Stress, the underrated saboteur, elevates cortisol, which weakens the immune defense. Thus, engaging in stress-relieving activities, like socializing or even cold-water swimming, could confer benefits.

Ultimately, are there ways to supercharge our immunity beyond a healthy lifestyle? The evidence is scant. Vaccinations remain our best bet to bolster our defenses. Perhaps instead of chasing every immune-boosting trend, we should focus on preventing infections in the first place.

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## Vocabulary List:

1. **Efficacy** /'ɛfɪkəsi/ (noun): The ability to produce a desired or intended result.
2. **Augment** /ɔ:g'ment/ (verb): To make something greater by adding to it.
3. **Inflammation** /,ɪnflə'meɪʃən/ (noun): A localized physical condition characterized by redness swelling pain and heat.
4. **Immune** /ɪ'mjun/ (adjective): Protected against a particular disease or infection.
5. **Saboteur** /,sæbə'tɜr/ (noun): A person who engages in sabotage deliberately causing disruption or damage.
6. **Confer** /kən'fɜr/ (verb): To grant or bestow a title degree or right.



## Comprehension Questions

### Multiple Choice

1. What is the water temperature mentioned in the text for "ice" swimming?  
Option: 10.5°C  
Option: 5.2°C  
Option: 3.9°C  
Option: 7.1°C
2. What has been linked to fewer viral infections according to the text?  
Option: Cold-water swimming  
Option: High sugar intake  
Option: Sedentary lifestyle  
Option: Excessive caffeine consumption
3. Which vitamin deficiency might harm immunity according to the text?  
Option: Vitamin A  
Option: Vitamin B  
Option: Vitamin C  
Option: Vitamin D
4. What can undermine immune health by increasing bodily inflammation?  
Option: Stress  
Option: Sleeping  
Option: Hiking  
Option: Yoga
5. What elevates cortisol, weakening the immune defense according to the text?  
Option: Exercising  
Option: Stress  
Option: Meditating  
Option: Listening to music
6. What does the text suggest is our best bet to bolster our defenses?  
Option: Eating more vitamin C



- Option: Pursuing every immune-boosting trend
- Option: Vaccinations
- Option: Regular exercise

### True-False

7. The market is not flooded with supposed "immune-boosting" foods and supplements according to the text.
8. Multivitamins are often deemed necessary for most people according to the text.
9. Maintaining a regular daily rhythm can help enhance the immune system effectiveness according to the text.
10. Socializing is not mentioned as a stress-relieving activity in the text.
11. The text suggests focusing on preventing infections rather than chasing every immune-boosting trend.
12. The effectiveness of vaccines in bolstering our defenses is doubted in the text.

### Gap-Fill

13. Cold-water swimming is also referred to as "ice" swimming since the water temperature is \_\_\_\_\_ °C.
14. A deficiency in vitamin \_\_\_\_\_ might harm immunity according to the text.
15. The immune system is most active in the \_\_\_\_\_, and maintaining a regular daily rhythm may enhance its effectiveness.
16. Engaging in stress-relieving activities like socializing or even cold-water swimming may confer \_\_\_\_\_ according to the text.



17. The evidence regarding ways to supercharge our immunity beyond a healthy lifestyle is \_\_\_\_\_ according to the text.

18. Vaccinations remain our best bet to bolster our defenses to prevent infections in the first place rather than chasing every immune-boosting \_\_\_\_\_.

## Answer

**Multiple Choice:** 1. 3.9°C 2. Moderate exercise 3. Vitamin C 4. Smoking and obesity 5. Stress 6. Vaccinations

**True-False:** 7. False 8. False 9. True 10. False 11. True 12. False

**Gap-Fill:** 13. 3.9 14. C 15. morning 16. benefits 17. scant 18. trend

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What are medical conditions called?

- Option: Conditions
- Option: Illnesses
- Option: Ailments
- Option: Diseases

2. Change into another form or structure is known as:

- Option: Evolution
- Option: Revolution
- Option: Transition
- Option: Transformation

3. What is another word for energetic or strong?

- Option: Lethargic
- Option: Sluggish
- Option: Passive
- Option: Vigorous

4. What type of substance prevents oxidation?

- Option: Antibiotic
- Option: Antiparasitic



- Option: Antiemetic
- Option: Antioxidant

5. What is the body's response to injury or infection?

- Option: Fibrosis
- Option: Inflammation
- Option: Hemorrhage
- Option: Thrombosis

6. Which term refers to high blood pressure?

- Option: Hypotensive
- Option: Normotensive
- Option: Hypercholesterolemic
- Option: Hypertensive

7. What do we call a person who deliberately destroys things?

- Option: Hero
- Option: Villain
- Option: Saboteur
- Option: Savior

8. The process of calcite being deposited on some organic matter is called:

- Option: Ossification
- Option: Mineralization
- Option: Fossilization
- Option: Calcification

9. What is the final status after a suspicion is verified?

- Option: Doubted
- Option: Verified
- Option: Confirmed
- Option: Questioned

10. What is the act of adding something extra to complete or enhance something?

- Option: Subtraction
- Option: Multiplication
- Option: Division
- Option: Supplementation

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The \_\_\_\_\_ of a material refers to its ability to withstand and recover from stress or



change.

12. The act of placing a patient in a hospital for medical treatment is known as \_\_\_\_\_.
13. The steel was \_\_\_\_\_ to prevent it from rusting.
14. The \_\_\_\_\_ of a drug refers to its ability to produce the desired effect.
15. The police have identified a \_\_\_\_\_ in connection with the robbery.
16. The smell of fresh flowers filled the room \_\_\_\_\_ creating a delightful atmosphere.
17. The power \_\_\_\_\_ caused our conversation to halt abruptly.
18. The company decided to \_\_\_\_\_ its workforce by hiring more employees.
19. His \_\_\_\_\_ led to his downfall as he failed to see the looming dangers.
20. Lifting heavy weights can put a lot of \_\_\_\_\_ on your muscles.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**



21. A person qualified to advise on diet and nutrition is known as a nutritionist.
22. The practice of being aware of the present moment without judgment is called mindfulness.
23. Those who are susceptible to harm or attack are considered vulnerable.
24. Once a suspicion or doubt is verified to be true it is confirmed.
25. The body's defense system that protects against infections is called the immune system.
26. A type of stroke caused by bleeding in the brain is known as hemorrhagic stroke.
27. A complete change in form or appearance is referred to as transformation.
28. The ability of a product to produce a desired or intended result is its efficacy.
29. Related to the heart and blood vessels issues within this system are cardiovascular.
30. A person who deliberately disrupts or destroys things is known as a saboteur.

## Answer

**Multiple Choice:** 1. Ailments 2. Transformation 3. Vigorous 4. Antioxidant 5. Inflammation 6. Hypertensive 7. Saboteur 8. Calcification 9. Confirmed 10. Supplementation

**Gap-Fill:** 11. Resilience 12. Hospitalization 13. Galvanized 14. Efficacy 15. Suspect 16. Pervasively 17. Interruption 18. Augment 19. Complacency 20. Strain

**Matching sentence:** 1. Nutritionist 2. Mindfulness 3. Vulnerable 4. Confirmed 5. Immune 6. Hemorrhagic 7. Transformation 8. Efficacy 9. Cardiovascular 10. Saboteur

## CATEGORY

1. Health - LEVEL4

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