



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.

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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