



Article published on April 7th 2012 | [Health](#)

Catching the cold that's going around the office may seem inevitable. But it's your body's immune system – not the pathogens crossing your path – that determines whether you get sick. In fact, according to WebMD.com, the strength of your immune system is what makes the difference between dodging that cold and suffering through the sniffles.

Being a woman, you may be more prone to a poorly functioning immune system than the man in the next cubicle. This is because women are more likely to suffer from stress, a major contributor to lowered immune support. The Cleveland Clinic says that "women are particularly susceptible to stress" because they are expected to be caregivers to other people. Experts say that women are more likely to work outside the home while taking on domestic responsibilities at home with the immune system booster. As a result, they often spend less time caring for their own needs such as maintaining good nutritional habits and indulging in leisure time.

Stress Leads To Illness

The Cleveland Clinic goes on to say that this increased stress can lead to a litany of immune-related ailments. These include colds and infections, cancer and immune disorders that can be cured with the administration of the immune boosting supplements.

In fact, the National Institutes of Health named immune disorders, also known as autoimmune disorders, a "major women's health issue," according to the American Autoimmune Related Diseases Association, Inc. (AARDA). An autoimmune disorder is any illness in which the immune system attacks the body's own tissue. AARDA says 75 percent of the victims of these diseases of the immune system are women. Diseases that arise when the immune system malfunctions include lupus, type 2 diabetes, and rheumatoid arthritis. According to AARDA, autoimmunity is the cause of more than 100 serious diseases.

Symptoms of Stress

But, exactly how does stress lead to autoimmune and other disorders? Experts are beginning to understand how stress compromises the immune system with the administration of the immune boosting supplements. Researchers in one study confirmed that one way stress lowers immune function is by reducing T cell activity.

Your immune system uses T cells to fight infections and illness. In the study, researchers took blood samples from college students a month before exams and again during exams. What they found is high stress, i.e. exams, reduced the amount of T cells in the volunteers' blood samples, making them more vulnerable to illness.

How do you know if your stress has reached unhealthy levels? The Cleveland Clinic lists several symptoms of extreme stress. These include depression, poor memory and concentration, anger, excessive eating and feelings of being overwhelmed. Negative thinking and increased alcohol consumption may also be signs that you are overstressed.

<http://www.articleside.com/health-articles/immune-booster-an-efficient-measure-for-lowered-immune-function.htm> - [Article Side](#)

[Purx Health](#) - About Author:

Mr. Luther as the owner offers you with the opportunity to wipe away the bacteria from the body with the support immune booster that is quite effective to relief you from the fatigue and the stress of piling up immune sickness.

a [immune system support](#)

Article Keywords:

immune booster, immune system booster, immune system boosters, natural immune booster, immune boosting supplements,

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!