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Friday, December 12, 2025

Trusted-Tablets Pharmacy Online

Company: Trusted-Tablets.org Rx Pharmacy. Australia, Canada, New Zealand, the United Kingdom and United States [Share](#) | [Print](#) | [Download](#)

Location: New York, NY



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The immune system and vitamins. All about immunity.

Immunity is the ability of your body to protect you from negative external influences so that you do not get sick. Your resistance level depends on your immune system. This system consists of antibodies and white blood cells. Together, they constantly fight bacteria and viruses that enter your body and threaten your health. Your immune system roughly consists of two types: specific resistance (against specific diseases) and non-specific resistance (general protection). The higher your resistance, the better you resist disease. This is why it is recommended that you increase your immune system through a healthy lifestyle and a diet.

Reasons for a decrease in immunity

An unhealthy lifestyle and an unhealthy diet reduce your resistance to disease. Factors such as lack of sleep, lack of exercise, stress, and poor nutrition all affect your immune system badly. Other factors can also decrease your resistance, such as certain medications (such as cancer drugs, hormones) and certain illnesses (such as AIDS).

The effects of reduced resistance.

Reduced immunity makes you more vulnerable to diseases and infections. If your resistance is low, you are more likely to get infectious diseases from microorganisms. The most known infectious diseases that can be caused by too low resistance are the flu, the common cold. Also, reduced resistance can cause more serious illness or complications, such as meningitis or pneumonia due to Coronavirus disease [COVID-19](#).

Increase your immunity

Good resistance is very important for your health. Good resistance starts with a healthy lifestyle. This allows you to maintain or increase your resistance. A good balance between exercise (work and sport) and relaxation (rest/sleep) is important. In addition, healthy food is very important. Your body needs sufficient vitamins and minerals from food for your immune system. Only then can it maintain or increase your resistance.

Also, pay attention to your hygiene: wash your hands regularly and prepare your food in a hygienic way.

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Trusted-Tablets.org Rx Pharmacy. Australia, Canada, New Zealand, the United Kingdom and United States
355 Hudson St 3rd floor
New York, NY, 10020

Schedule
December 12, 2025: 11:00am

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