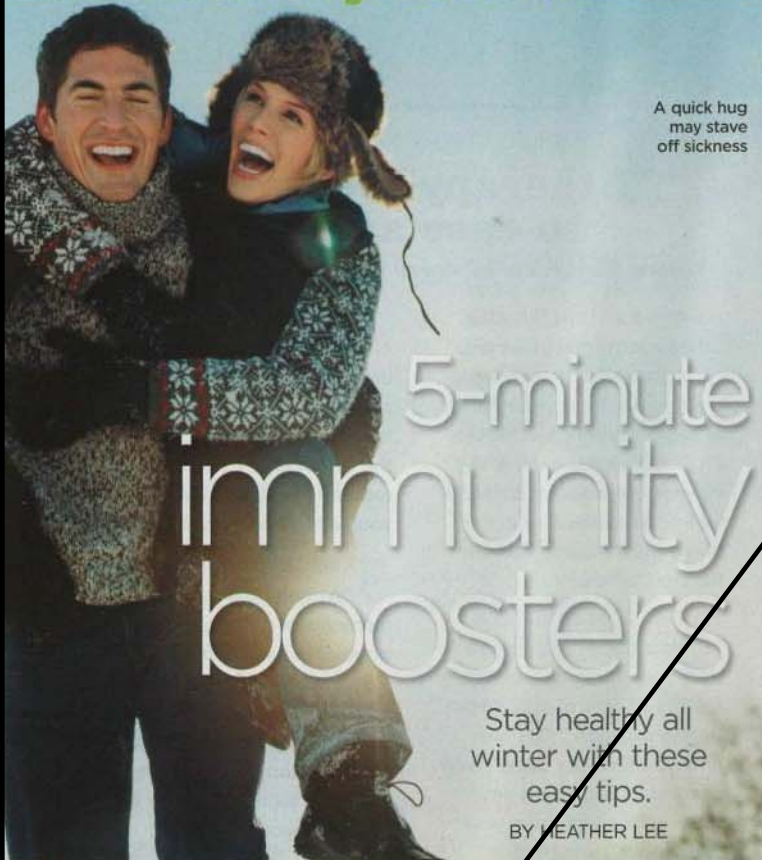


live healthy bonus



A quick hug may stave off sickness

5-minute immunity boosters

Stay healthy all winter with these easy tips.

BY HEATHER LEE

SNIFLE SEASON HAS OFFICIALLY ARRIVED. So you're probably scrubbing your hands and steering clear of coughing coworkers. But you also need to strengthen your immune system so you can battle the viruses that you do encounter. Incorporate these research-proven tweaks into your daily routine, and we promise you'll spend fewer days sneezing this winter.

1 EAT MORE MUSHROOMS AND BROCCOLI The next time you visit the salad bar, opt for these veggies. Mushrooms contain polysaccharides, compounds that may enhance the immune system's pathogen-killing activity, says Dayong Wu, Ph.D., a scientist at Tufts University. Additional research from the University of California, Los Angeles, reveals that sulforaphane, a compound found in broccoli, cabbage, kale, and cauliflower, can assist white blood cells in defending the body against free radical damage.

button 'shrooms are as healthy as the exotic kinds



2 STEAL AWAY FOR A QUICKIE Having a steamy love life may become your favorite way to ward off a cold. Researchers at Wilkes University found that women who had sex once or twice a week had 30 percent higher levels of the antibody immunoglobulin A (IgA) than those who didn't. "IgA is the body's first line of defense in fighting off infection," says researcher Carl Charnetski, Ph.D. "It binds to viruses entering the body and sends out signals for white blood cells to attack them."



kiwifruit is packed with vitamins B and C

3 LOG ON TO LINKEDIN Turns out your addiction to online networking sites has a surprising payoff. One study

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HEATHER LEE is a writer in New York City.

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