



The Immunity Puzzle

The Age Factor



#1 Factor:

Our bodies don't produce as many immune cells as we age. B Cells and T Cells (the virus fighters) both become fewer in number. For example, we possess two different types of T cells: "memory" cells that have encountered a certain pathogen and "remember" how to fight it, and "naive" cells that have yet to fight anything.



#2 Factor:

Inflammation — when the immune system causes a part of your body to become reddened, swollen, hot and sometimes painful — is how the body fights disease, fixes injuries and rids you of inappropriate germs or invaders. It's meant to be short term. But chronic inflammaging tends to occur with age for a variety of reasons: Weight gain, poor diet, lousy sleep and chronic stress are among the big lifestyle causes. But other systemic issues can also contribute, such as persistent viral infections, decreased liver or kidney function, increased gut permeability (leaky gut) and autoimmune diseases.

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<https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-immunity-age-risk.html>



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