



**Title: Role of Holistic Nutrition and Wellness in Boosting Immunity**

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**ABSTRACT :**

The novel coronavirus has spread rapidly to multiple countries and has been declared a pandemic by the WHO. COVID-19 is observed to probably affect people with low immunity.

Carbohydrates from whole grains act as T-cell antigens modulating adaptive immune responses.

Proteins help in formation of antibodies that help in fighting against harmful microorganisms.

The fatty acid composition of the membranes of immune cells seems to be easily modulated under the effect of dietary fats generating functional effects on these cells.

Vitamins and minerals regulate T-lymphocytes, antibodies, and cytokines formation that enhances the immune response.

Plant-based foods increase the intestinal beneficial bacteria. This improves overall gut microbiome health which makes up to 85% of the body's immune system thereby boosting immunity.

Proper hydration helps our cells to oxygenate that helps them protect the body from any infectious agents.

Regular exercise increases the levels of WBCs and antibodies. It also prevents formation of blood clots, which have been a symptom for some COVID-19 patients.

Stress releases hormones like cortisol that suppresses the action of white blood cells and increases inflammation.

Good sleep helps in releasing cytokines that fight off any infection.

## **BIOGRAPHY:**

Sushma Gumma holds MASTERS in Holistic Nutrition and is now doing PhD in the same with a working experience of more than six years.

She is the founder of Online Nutrition consultancy [www.nourishiawellness.com](http://www.nourishiawellness.com)

She has authored three published books on Nutrition in Telugu.

Her Nutrition articles have been featured in THE HINDU, TIMES OF INDIA, EENADU, ANDHRA JYOTHI and B POSITIVE magazine.

She delivered talks at various schools,colleges,corporates like Toyota,HPCL and also got featured on media like Etv news, Doordarshan,Josh talks,All India Radio,Eenadu FM and Radiomirchi.

She's been awarded for Outstanding services to the community and as Nutripreneur of the year 2020 by NEP Mumbai.

She received Sadhana Young Nutrition Entrepreneur award from Honorable Telangana's Governor Dr.Tamilisai Soundarajan.