## **Factors Affecting Immune Function**

## **Healthy immune function**

Good nutritional status Essential micronutrients aid in the development, maintenance and expression of immune response



Lifestyle factors No stress, good food, moderate exercise, good sleeping habits

## From birth: immunologic competence progresses rapidly

Suppress

Undernutrition Including deficiencies in specific micronutrients

Advancing age Immune dysregulation: reduction in cell-mediated immune response, longer inflammatory process

## Lifestyle factors

Stress, poor nutrition and sleeping habits, crowded places, sedentary lifestyle, excessive exercise, frequent travelling, smoking, alcohol abuse

Environmental factors Reduced air quality: indoor or outdoor pollution, temperature changes

Pathogenic process and modified disease risk

Chart Date 3/6/20 ©2020 GrassrootsHealth Maggini et al, *Vitam Miner*, 2017.



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