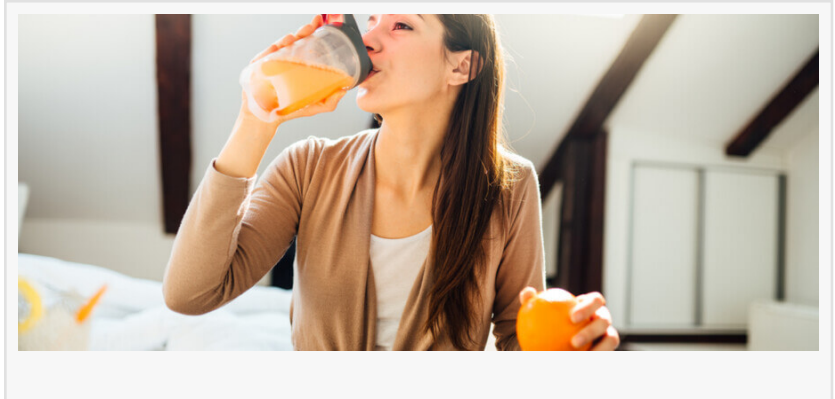


Tri-Cities Functional Medicine Releases Expert Tips on Boosting Immunity

JOHNSON CITY, TENNESSEE, UNITED STATES, March 10, 2023 /EINPresswire.com/ -- Tri-Cities Functional Medicine recently published a report providing expert tips on [how to boost the immune system](#). These professional recommendations can help people everywhere reduce sickness and promote overall health.



Having a compromised immune system can cause a lack of energy and slow recovery from illnesses and injuries. The functional medicine approach to overall well-being includes educating patients on healthy habits and wellness goals. Some of the tips in this report are:

- How to optimize gut health
- Why exercise is critical
- How daily meditation helps
- What immunity-boosting foods to eat
- The benefits of vitamins and supplements for the immune system

Habits like getting enough sleep, reducing alcohol and sugar consumption, quitting smoking, and staying at a healthy weight all improve immune responses, as detailed in this report. The report also describes how social connections and mood improvements can contribute to a healthier immune system and better overall health.

The functional medicine approach focuses on finding the root causes of health problems and providing treatments that address those underlying issues. Treatment begins with a consultation in which the doctor discusses and assesses ongoing health issues. Once a functional medicine doctor recognizes a poor immune response, their next step is to teach patients how to boost their immune system with natural supplements and healthy habits to promote better whole-body health.

At Tri-Cities Functional Medicine, we aim to help our patients achieve better overall well-being by digging deeper to find the root causes of health issues and providing the most beneficial and

safest treatments to address them. With Tri-Cities' science-backed functional medicine treatments, getting over sickness and injuries can become much faster and easier.

To get started with Tri-Cities Functional Medicine, [visit the company website](#), watch a webinar, and book a free discovery call. With the help of functional medicine, you can achieve a higher level of health.

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