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SUPPORTING A HEALTHY IMMUNE SYSTEM

As the country heads back to school and work, healthy immune systems are put to the test with optimised virus exposure.

JOHANNESBURG, South Africa – 30 January, 2018 – After the December break and a stretch of rest and relaxation, it's likely your immune system has been given a much-needed boost. But, moving back into the school and work space means you'll be exposed to far more germs and viruses than at home. Keeping your immune system at optimal levels to keep illness at bay becomes essential.

Harvard Health outlines the fact that your immune system is just that, a system. This means that there's no one thing that can be done to ensure yours remains healthy or boosted. It all comes down to choosing a lifestyle that will effectively support the health of your immune system. The eight tips on keeping your body in balance aren't new – you'll have heard them numerous times: don't smoke, eat a diet high in fruits and vegetables, exercise regularly and maintain a healthy weight. If you drink alcohol, drink only in moderation, get adequate sleep, take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly and try to minimise stress.

While the tips may seem like mere common sense, they aren't always easy to achieve. Minimising stress is difficult in today's fast-paced, always-on world and can have a knock-on effect on all the other activities, such as getting adequate sleep or drinking in moderation. While stress is something that can be managed, it's not always easy to control. Additionally, it's very hard to control what type of germs and viruses you're exposed to, especially in office and school surroundings.

There are some things you can control, however, to give your body the best chance of staying healthy. One of those is your environment. With Samsung's AR7500 air conditioner featuring the built-in Virus Doctor, you can have a highly sophisticated protection system on hand. It eliminates harmful viruses which cause serious airborne diseases such as flu, H1N1 and even SARS. With the new scare of Australian flu sweeping the world, you'll want to have something on hand to protect you from attack.

Mike van Lier, Director of Consumer Electronics, Samsung South Africa, says, “It’s a challenge to keep your health and wellness in check – and this is why we create innovative technologies that enhance and ease the lives of people who use them. One of these is put to fantastically effective use in the Virus Doctor. S-Plasma ion technology used in the Super Premium Inverter AR7500 air conditioner, which generates negative ions that eliminate airborne viruses, bacteria fungi, mould and allergens as well as neutralise the harmful active oxygen (OH Radical) for cleaner and healthier indoor air quality.”

The AR7500 can assist in protecting you and your loved ones from airborne viruses, as well as other airborne health threats.

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