

7 Surprising Signs Of A Weakened Immune System

By Carolyn Steber | March 16, 2019



If you get sick often, feel fatigued, or have other ongoing symptoms you just can't explain, it may mean you have a weakened immune system. And there are any number of reasons why that might be.

2. You Catch Every Cold



If you catch every cold that goes around, take note. "Constantly catching colds and other viruses is a sign your body may not be equipped to fight off the germs it is exposed to on a regular basis," Palinski-Wade says.

Of course, one severe cold may not be cause for concern. But any more than that may be a sign. "In the course of a winter, catching two to three significant colds (lasting more than two days) is a sign of a weakened immune system," [Elroy Vojdani MD, IFMCP](#), tells Bustle.

5. You Stay Sicker, Longer





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If colds tend to wipe you out to the point you're stuck in bed for more than two to three days, Dr. Vojdani says a weakened immune system is to blame. While colds aren't fun, this intense lack of energy can be a sign.

You can help prevent a cold from taking such a massive toll, however, by adding a few things to your diet. "During cold and flu season, take a daily dose of immune-boosting supplements like 500 mg of Vitamin C, 5000 IU of Vitamin D3, and a daily olive leaf extract," Dr. Vojdani says.

And remember to give your digestive tract a little love, too. "Take a daily probiotic or eat fermented foods five times a week," he says, "to provide healthy bacteria to the intestinal environment." Because remember, so much of your immune system stems from your gut.

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