FOOD

Foods Rich in Vitamin E Help Protect & Health Damaged Immune Cells

By bestfolkmedicine · 01/11/2021 · 2 min read



Oxidative stress has a negative influence on immunity. Some of the major causes of oxidative stress in the body are pollution, alcohol consumption, cigarettes, UV radiation, etc. These factors speed up the aging process and encourage the *creation of free radicals.*

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Researchers have concluded that regular consumption of vitamin E through the right foods can help lower the oxidative stress that is being inflicted upon our immunity.

Healthy Immune Cells Are Pivotal

The immune cells are essential for a healthy body, especially the so-called T-cells. They fight off infections and coordinate the response of the immunity to pathogens.

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But oxidative stress can damage these cells too and impede the body's power of fixing them, found a study published in the Experimental Medicine journal.

When the immunity doesn't have the needed enzymes for self-repair, the T-cells die off as they multiply and leave the immunity unable to remove pathogens properly.

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The Role of Vitamin E in Protecting the Immunity

The above-mentioned research may be a breakthrough in the improvement of the immune system's functioning that's been affected negatively by oxidative stress.

The researchers from the ETH Zurich's Institute of Molecular Health Scientists tested the power of vitamin E to keep the T-cells' membranes safe by a blend of vitamin E in foods administered to laboratory mice.

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Their immunity lacked the enzyme necessary for fixing the T-cells. They concluded that at sufficient doses, that is, 500 mg per kilo of mice food, the vitamin E's antioxidants protected the T-cells from the damage done by the oxidative stress.

The researchers are still hesitant about connecting the results from animal studies with potential benefits for human health.

However, they explain that individuals with a healthy and balanced diet may not need vitamin E supplementation; however, those with compromised immunity may need supplements if their immunity is compromised.

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For example, people with diabetes deal with major oxidative stress and this is why the study is promising. Vitamin E's ability to strengthen immunity could make all the difference in the health of these people.

Foods Rich in Vitamin E

This vitamin is common in plenty of foods we consume. Here are some of the best sources:

- Wheat germ oil
- Sunflower seeds
- Almonds
- Hazelnut oil
- Mamey sapote
- Sunflower oil
- Almond oil
- Hazelnuts
- Abalone
- Pine nuts
- Goose meat
- Peanuts
- Atlantic salmon
- Avocados
- Rainbow trout
- Brazil nuts
- Red sweet peppers
- Mangos
- Turnips
- Kiwis
- Pecans
- Cashews
- Pickled olives
- Raspberries

Sources:

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