

NatureHealth

16 Checks To Boost Your Immune System

1. **Well balanced diet** - Eat foods rich in minerals and vitamins. Eat a healthy variety of organic fruit, vegetables, nuts and whole grains. Drink green tea every day.
2. **Reduce Stress** - Stress activates the secretion of cortisol. This is a steroid hormone that is produced by the adrenal glands. This hormone suppresses the immune system.
<http://www.naturehealth.com.au/relaxation/>
3. **Regular exercise** - This is vital as it ensures proper blood supply and reduces stress. Perspiring gets rid of accumulated toxins. Avoid excessive weight lifting.
4. **Quality Sleep** - Eight hours sleep every night is essential. With enough quality sleep your immune cells and organs have time to revive, energize and rejuvenate.
<http://www.naturehealth.com.au/curing-the-natural-way/quality-sleep/>
5. **Deadly Vices** - Stop smoking, drug use and excessive consumption of alcohol. All these weaken your immune system and are capable of wrecking it completely, opening the gate for disease and infection.
6. **Watch what you eat** - Eat organic where ever possible to avoid chemicals causing cell damage. Avoid all prepared food.
<http://www.naturehealth.com.au/curing-the-natural-way/fruit-to-boost-your-immune-system/>
7. **Watch what you breathe** - Avoid places where the air is polluted and there are toxic substances.
8. **Watch what you drink** - Carbonated drinks are to be avoided as they are one of the deadliest things you can drink. A 500ml bottle can paralyze the immune system for up to 12 hours. Drink two liters of quality filtered water daily to help flush the body of toxins.
9. **Personal hygiene** - Pay attention to these routines daily. Brush teeth morning and night and always rinse well with saltwater, coconut oil or colloidal silver.
<http://www.naturehealth.com.au/curing-the-natural-way/coconut-oil-pulling/>
10. **Direct sunlight** Take care in the sun between 10 am and 3 pm. Over exposure at these times weakens the immune system.
11. **Laugh a lot** - Laugh daily. Watch old and funny movies, laugh out loud. Join a laughter group.
12. **Cleanse regularly** - Regular body cleansing has been the practice in many cultures for centuries.
<http://www.naturehealth.com.au/curing-the-natural-way/cleanse-your-body-healthy/>
13. **Weather changes** - Extreme weather changes can play havoc with your immune system. Rug up warmly; take care in the wind and do not sit in a draught
14. **Qi Gong** Practice daily this is the Chinese secret for longevity.
<http://www.naturehealth.com.au/what-is-qi-gong/aspects-of-qi-gong/>
15. **Low vibration state** - Do not hang around people and places that fit this description. (negative depressed people in bars, pubs and gambling dens etc).
16. **Do things you enjoy** - Whatever it is, do it often especially if it is out in nature. This brings joy to your heart and cells.
<http://www.naturehealth.com.au/big-day-out/>

For any further queries contact Margie Hare on:

0407 187 159

margiehare18@gmail.com

www.NatureHealth.com.au