

Tips for a Healthier Immune System



- Get Adjusted:** Science shows that when subluxation occurs, it causes the stress response. An adjustment reduces the stress response and stimulates the immune system. People who are adjusted on a regular basis have far less 'sick days' than people who are not.
- Sleep/Rest:** There are four different phases of sleep that are responsible for different functions in our body. It's in the third and fourth stage where our bodies work to restore themselves. This is when the body repairs and grows new tissues, it's also when it produces and releases the hormones needed to restore energy and fight disease and infection.
- Regular Exercise:** Exercise causes changes in antibodies and white blood cells. White blood cells are the body's immune system cells that fight disease and infection. After exercise, these antibodies (WBCs) circulate more rapidly, so they are able to detect illnesses earlier than they might have before.
- Healthy Diet:** Your diet plays a major part in strengthening your immune system. A truly healthy immune system depends on a well balanced mix of vitamins and minerals that are available to us via fresh fruit, vegetables, wholegrains, nuts, lean meats & fish.
- Vitamin D:** Vitamin D supplementation has shown to protect against acute respiratory tract infections. We would normally receive vitamin D via sunlight – but in winter, we are subjected to less hours of sunlight – thus depressing our vitamin D levels.
- Probiotics:** Probiotics can modulate the immune system, enhancing the body's innate immunity. This modulating effect helps alleviate excessive inflammation in the gut, thereby boosting immune function.
- Zinc:** Zinc can be effective in reducing the number of colds per year, particularly in children.
- Quit Smoking:** Smoking can have a weakening effect on the immune system. Smoking causes inflammatory changes in the lungs and diverts your immune system from fighting infections elsewhere.
- Limit Alcohol:** Excess alcohol can alter the cells and molecules in the body thus causing a change in the immune system. Misuse of alcohol increases the chance of contracting diseases like pneumonia. Changes in liver function resulting from chronic drinking can make the immune system turn against the body's own tissues.
- Frequent Intercourse** A Study has shown that people who average intercourse one to two times a week, have higher immunoglobulin levels in the saliva!! This demonstrates an increased immune response.