

Your immune system is responsible for finding, recognizing and destroying viruses, bacteria and other external pathogens. It contains specialized cells, tissues and organs throughout the entire body including the tonsils, adenoids, thymus gland, lymph nodes, bone marrow, circulating white blood cells, spleen, appendix, and patches of lymphatic tissue in the intestinal tract.

It isn't your exposure to a virus that determines your health. It is your body's ability to handle the exposure that is important. A strong effective immune system is the best protection to speed your recovery from illness and to ensure that your body is able to attack and destroy foreign pathogens.

STEPS TO STRENGTHENING YOUR IMMUNE SYSTEM:

Strong Digestive Tract

🍷 The digestive tract is the main route for nutrients to come into your body. A strong digestive tract ensures that your body is able to absorb needed nutrients and that you have the building blocks needed for a strong immune system.

🍷 Most bacteria and toxins come into the body through food. A strong digestive tract is able to identify and destroy foreign bacteria and toxins.

🍷 Fresh, seasonal fruits, vegetables and whole grains strengthen the immune system.

🍷 Water is needed for a strong healthy immune system. Drink a minimum of 8 glasses a day.

🍷 When the body is 'fighting' a cold or flu, consume warm drinks and eat soups or food that is warm, easy to digest, and nutrient dense.

🍷 Gas, bloating or digestive problems can impact the health of your immune system.

🍷 Food eaten in a relaxed, peaceful environment is more easily absorbed and provides more nutrients to the body.

🍷 Be aware of the reaction that your body has to certain foods. Avoid those foods that the body has a difficult time digesting.

Breathe Properly

🍷 The respiratory system is full of immune supporting cells that protect the body from inhaled allergens and toxins.

🍷 Learn to breathe slowly and deeply with prolonged exhalation to assist the body in removing toxins.

🍷 Proper breathing ensures optimum oxygen delivery and carbon dioxide removal. This aids the body in fighting off viruses and bacteria.

Decrease Body Acidity

- 🌿 Avoid caffeine, nicotine, sugar, alcohol and drugs as they are acid forming.
- 🌿 When the body chemistry becomes too acidic, it creates an environment that is more favorable for fungi, bacteria, viruses and cancer cells to grow.
- 🌿 On a daily basis consume adequate water and fresh, natural fruit and vegetables to decrease acid levels in the body.

Address Stress

- 🌿 Recognize that long term chronic stress decreases immune system function.
- 🌿 Practice activities that assist with decreasing stress like relaxation, breathing exercises, meditation, laughter or creative visualization.
- 🌿 Become aware of the direct and indirect stressors in your life and start to address these factors.

Exercise Regularly

- 🌿 Moderate exercise for 20 - 30 minutes three to five times a week can strengthen the immune system.
- 🌿 Avoid heavy, exhaustive exercise as this can depress the immune system.
- 🌿 Exercise is also beneficial in reducing the effects of stress.

Stay Clean

- 🌿 Wash your hands with soap and water throughout the day. Be sure to wash before and after preparing food and after using the washroom.
- 🌿 Practice good body and oral hygiene on a daily basis.

- 🌿 Take extra precautions if you or someone around you has the flu or a cold. Wash your hands more often and keep your hands away from your face.
- 🌿 If you are not feeling well ensure that you rest and avoid close contact with others.

Exercise your Immune System

- 🌿 Give the body a chance to fight off infections. The immune system is strengthened with every 'battle' that the body is able to fight off on its own.
- 🌿 Acute illnesses, like flus and colds are a sign that the body is fighting off a pathogen. Antibiotics or drugs can stop the natural process of the body and can actually be detrimental.
- 🌿 Don't allow infections to persist. If you aren't getting better within a couple of days visit your Naturopathic Doctor.
- 🌿 Address the root cause of symptoms like fever, night sweats, or tender and swollen lymph glands.

Work with your Naturopathic Doctor

- 🌿 to address any underlying health conditions that may be affecting your immune system
- 🌿 to support the natural healing process of the body during acute illnesses or infections
- 🌿 to identify specific naturopathic treatments that can support you optimizing your immune system.