

# Immune System Safety Boost

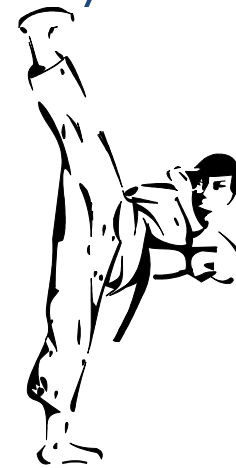
October 12, 2013




# The Immune System

## What is it?

The immune system is the body's defense against infectious bacteria and invaders. Through a series of steps called the immune response, the immune system attacks viruses and substances that invade body systems and cause disease.



# Signs of a Weak Immune System

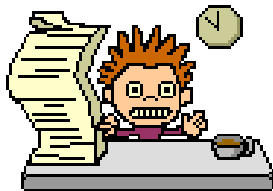
- Constant Cold or Illness
- Dehydration 
- Dry Nose
- Inflammation
- Seriously Stressed
- Sweet Tooth
- Weight Gain or Loss
- Rheumatoid Arthritis





## Things that Weaken the Immune System

- Processed Foods
- Inadequate Sleep
- Alcohol
- Obesity
- Being Inactive
- Medicine Overuse
- Poor Hygiene
- Stress



- Smoking
- Increased Toxins in the Blood via Dehydration
- Immunodeficiency Disorders
- Autoimmune Disorders
- Allergies

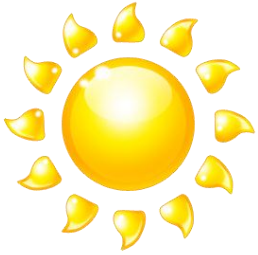




# Yoga Postures for the Immune System

- Breath Exercises (Increase Respiratory Resistance)
- Legs up the Wall (Improve Blood & Lymph Flow)
- Bridge Pose (Stimulate the Thymus Gland)
- Downward-Facing Dog (Open the Sinuses)
- Child's Pose (Relieve Bronchial Congestion)
- Twists (Detoxify the Digestive System)
- Bow Pose (Increase Abdominal Blood Flow)
- Shoulder Stand (Enliven the Endocrine System)
- Cat/Cow (Massage Kidneys & Belly Organs)





# Immunity Boosting Nutrients

- Vitamin D (sun, salmon, tuna, almond milk)
- Soluble Fiber (apples, nuts, blueberries, cucumbers, oats, oranges, carrots, lentils)
- Green Tea
- Yogurt (probiotics)
- Garlic
- Vitamin E (broccoli, mangos)
- Sweet Potatoes for the Skin (largest organ)





# The Immune System “Natural Defense”

Above any vaccine, the immune system is the first line of defense against illness and fatigue.

