

Natural Healing Express Weekly

Column 216 Secrets of Longevity – An 8 week program, Building Immunity

We are five weeks into our series based upon Dr. Mao Shing Ni's "Secrets of Longevity". For week one, it is recommended that one detoxes the body. For week two, the recommendation is "sleep for restoration". In week three, we discussed Creating Energy and Stamina. In week four, we chatted about great methods for Reducing Stress and Elevating Mood. This week, we will discuss building immunity.

Few things in life are more important than a strong immune system. Ask anyone who has struggled with a major disharmony such as cancer. The very most important factor is building and strengthening your immune system. In Chinese medicine, immunity relies on several factors. One of which; the kidneys, are reflective of the essence of vitality. The kidneys serve as the source of all energy and supplies fuel for the all metabolic functions. That is just one example.

In the times we are facing currently, comparing the Immune system to the National Guard seems a little trite. However, this age old analogy hits home when suggesting that your Immune systems acts like the National Guard which comes to your rescue in times of trouble – whether it is a threat from the outside or a threat from the inside. In taking this theory a step further, it is easy to see why increasing stress, toxins, poor nutrition, lack of exercise and negativity seems to keep most folks' immune system on HIGH ALERT full time.

And, we all know that at some point, the immune system will get overwhelmed and fatigued. This leads to burn-out, adrenal fatigue, exhaustion and a whole host of other disharmonies. In this case, sometimes the immune system will lose its ability to distinguish between our bodies and foreign organisms. This gives rise to autoimmune issues such as lupus, arthritis and asthma.

Second, if the immune system completely weakens, it can allow invading substances and organisms to create perfect storm which can lead to disharmonies such as major infections and cancer.

So, what are five great habits to help BUILD your immune system so these concerns do not become reality? Well, as you know, we like to lead with nutrition. Hence, eat foods of all colors. I could do an entire article on each color explaining the benefits, but I will leave that up to you to "google" and find the specifics on your own. Just suffice it to say that all of these are quite purposeful to the Immune system.

Colorful Foods =

- 1.) Black/Dark = eggplant, mushrooms, seaweed,
- 2.) Green = broccoli, bok choy, Brussel sprouts, kale
- 3.) Red = beets, red bell peppers and hot red peppers
- 4.) White/light = cauliflower, maitake mushrooms and daikon radishes
- 5.) Yellow/orange= pumpkins, squash, sweet potatoes

Next, use Immune boosting herbs such as astragalus, ginseng, Echinacea and elderberry. We have a great Immune Blend at Natural Healing Express and are happy to help you find the correct mixture for your Bio-individuality.

Third, check your home's immunity. Watch for dampness in bedding and sheets. Dampness breeds mold and fungus that can cause allergies and fatigue. Make sure there is plenty of sunlight and fresh air.

Next, try to come up with some daily workout and make it fun. Perhaps a 15 minute hike each day, roller skating, biking or dancing will help to add some adventure to a dull routine. If you enjoy your work out, you are much more likely to keep going.

And finally, find enjoyment in your overall life. For some that means a hobby such as painting, knitting or quilting. For others it involves sporting events or live music. For others this time of year, it is snowmobiling or skiing. For some, just quiet meditation and deepening your faith. Laughter and fun filled, positive people in your life NEVER hurts. So, find whatever/whoever/wherever that takes you to your "happy place" and spend some time there. Peace and happiness work wonders for your Immune System.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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