

The old but challenging saying “prevention is better than cure” can become our greatest asset right now. Everyone gets sick sometimes, but by adopting these 5 KEYS you can drastically reduce illnesses or even prevent illness in the 1st place. So what can you do to build a strong immune system? Read on to learn...

## 5 Keys to a Strong Immune System:

**1. Mindset – address the stress.** The HeartMath Institute has proven that when you spend 5 minutes in stress or anger it can suppress your immune system for up to 6 hours. But when you spend 5 minutes in love and compassion it can strengthen your immune system for up to 6 hours!!!

*Tool: Make time 3x per day (associate this practise with meals for example) to meditate or reflect on what you can be grateful for, what you love and how you can show those feelings by giving back to others from a place of abundance.*

**2. Vit D levels – the Sunshine Vitamin.**

Vit D has 2 roles in the human body, one to boost our immune function and secondly to make us feel happy. Vit D can do that since it acts more like a hormone in the body than just a vitamin. We have been incorrectly taught to fear sun exposure since it may cause skin cancer, where in fact lack of sunlight may lead to much more cancer globally since Vit D has cancer fighting properties.

**Shocking fact: wearing sunscreen blocks Vitamin D production and usually contains a ton of toxic ingredients. Swap your sunscreen for some natural skin protection like Vitamin E & A and coconut oil based lotions and supplements**

*Tool: Test your blood levels of Vit D and start building up your levels to about 80 ng/ml BEFORE Winter! (By the way 9/10 patients that I test who don't supplement Vit D have blood levels that are shockingly low!)*

**3. Exercise: movement = energy:**

There is a ton of research on exercise boosting our immune systems function so this should come as no shock.

*Tool: Go out there and learn to play like a kid again. Find any movement that you love doing, aim to do a little bit everyday rather than only a couple days a week.*



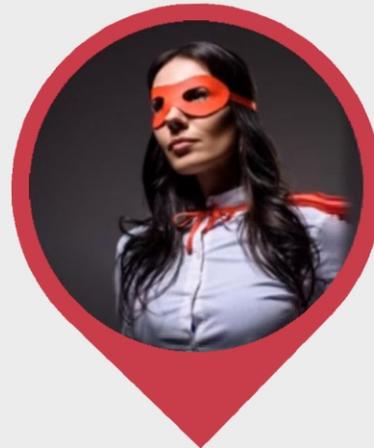
# 5 Keys to a Strong Immune System:

**4. Heal your digestive tract:** This might seem like a funny one on this list but since good GUT health influences nearly all other aspects of our health this step alone can lead to an Optimally Healthy functioning immune system (especially by supporting lymph tissue here which is mentioned in Key no 5). On the opposite side poor digestive health leads to a burdened immune system that then has a hard time fighting invading pathogens

*Tool : Go to my Facebook news feed for a ton of healthy gut guidelines and interviews*



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**5. Support the Lymphatic System** – the often overlooked healing system: The lymphatics have mainly 2 roles, one to help us detox and secondly to produce lymphocytes (white blood cells) and other immune cells. We live in an ever increasingly toxic world and this burdens the lymphatics down even further which can make us vulnerable to dis-ease.

*Tool: To enhance lymphatic drainage activate the Vagus nerve, go for massage, acupuncture, buy herbs and supplements prescribed by your natural health doctor that boosts your lymphatic system.*

