



18 ways to

BALANCE IMMUNE SYSTEM

From the perspective of an Yoga Therapist,
Energy Worker and Shaman

BY CINDY LEWIS



Welcome!

I'M CINDY

I started having immune problems at the age of seven. By the time I reach 12 years old, I was looking for anything that would help. That is when I started practicing yoga. That was 42 years ago. Over that time I learned how to work with my body, to heal. It took me a long time to learn these tools. The tools that have helped me and helped many of my students. Now I am putting it all together to help you on your journey.

1 UNDERSTANDING THE IMMUNE SYSTEM

The one thing you should know about your immune system. Is that it is what protects your body. The immune system is your own personal army that is on standby all the time ready to protect you.

With the information located in this booklet, you were learn

~How to befriend your immune system.

~how to listen to your immune system.

~What you can do to calm your system down.

~How to reset your immune system?





The Invisible Wounds

Each time, a lymph node gets inflamed. This is your body acknowledging that something it doesn't recognize is present. Your body will then isolate whatever it is and spend some time figuring it out. It's like this lymph node is your personal Laboratory.

Once your body has figured it out, then your Laboratory sends the data to the white blood cells which are stored in the lymph node, and then your body sends out your white blood cells to take care of whatever it is.

If your body has been trying to send you messages about one particular item. That is not reacting well in your body. It will send you messages. If it keeps receiving this allergen or this thing that is causing damage to your cells. Overtime the body can fatigue. And then it will start reacting to everything.

20 years ago.
I was one of those
people who seemed to
be allergic to everything.



The key is to figure out what the underlying allergy is. Once I figured out what that was. My experience has been that all the other allergies disappeared. Learning to give your body the opportunity to relax and recover is the key to getting your life back.

Lowering the exposure to allergens help your tolerance level.

The key is to do that without stress and lots of support.

I have made a list of different things you can work on, to help your journey towards vitality and more freedom.

BALANCING THE IMMUNE SYSTEM

18 WAYS

1

Breathing Exercises

A simple 4 part breathing exercise can make a huge change in your body. It can reset your immune system.

2

Move your body

Doing an exercise that has a focus on the lymphatic System (my ball yoga is really effective, gentle yoga classes) extreme exercises can be inflammatory.

3

How do you treat yourself?

Are you a person who just goes, goes, goes? Do you go, go, go until you can't go and then you crash. Are you good at setting boundaries? Do you take the time to brush your teeth every day? Do you take time before you go to bed to prepare for sleep? Journaling can help change this habit, and you might consider getting a therapist.

BALANCING THE IMMUNE SYSTEM

18 WAYS

4

Skin care items

Check and see what your skin care is made of. Don't put anything on your skin you wouldn't want to put in your mouth. If you don't understand what the word means it shouldn't be on your skin.

5

Hair care products

Again, check and see what's in your hair care products. Just like your skin don't put anything on your hair you wouldn't put in your mouth.

6

Oral hygiene

Look at the ingredients of all your oral hygiene products like toothpaste, and mouthwash, and stay away from anything that you don't understand. I would also go towards the fluoride free products that seems to make a big impact on people who have autoimmune issues.

BALANCING THE IMMUNE SYSTEM

18 WAYS

7 *Fluid intake*

Making sure you have enough fluid in your body is really important for your immune health. That fluid can be in the form of drinks or soups, or other liquidy foods. Make sure you're eating enough fruit. This helps your body absorb the fluid. Stay away from caffeine.

8 *Meditation*

Learning how to sit in silence with yourself. Depending on the state of the nervous system, this can be very easy or difficult for people.

There are a lot of guided meditations you can try.

9 *What do you put in your body?*

Staying away from foods/ beverages that cause inflammation, such as sugar, dairy, fried food, processed meat, refined pasta, refined bread, alcohol and red meat among many others. Can make a huge difference. They're a lot of different opinions about food out there. See reference 1

BALANCING THE IMMUNE SYSTEM

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10

Awareness of self talk

What does the voice in your head sound like? If this is something you know you need help with. Find yourself a good therapist to work with. Negative self talk can have a very negative impact on your health.

11

Do you know how to relax?

I remember the first time I sat down and talked to a french lady about relaxation (1992). That was the moment I realized that I had no clue how to relax. If you were in the ideal place with no phone, and nobody else, would you be content for an hour, a day, a week, or a month?

12

Water

Something that I found made a huge difference for me, was removing the fluoride and other contaminates from my local water source. Adding a filter improves the water quality. The problem with this is. A lot of people add a filter and then... They forget the maintenance that filter requires. It needs to be changed regularly or it could make your water dirtier.

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13

Music

The healing frequencies of music can have an amazing affect on the body. You can find lots of choices on Spotify or you favorite app.

14

Sleep

Using a tool like yoga nidra can help you get into a deeper sleep. If you tend to wake up during the middle of the night. Using a meditation technique, can help you get back to sleep.

15

Make up

The whole make up industry is unregulated so error on the side of caution when picking out your make up. You would be surprised what's in some of this make up. Your skin will absorb it. They are now giving heart medicine through patches on the skin, because they know the skin will absorb it.

BALANCING THE IMMUNE SYSTEM

15 WAYS

16

Energy Body

Working with your energy body. Clearing your chakras and auras. You can find a good energy worker or learn how to do it yourself.

17

Inspect your home

Identify any dust or mold issues in your homes that need to be taken care of. Considering hiring help. The cost of the hired help is less than a years worth of the cost of the medication and doctors visits. To clean your drains is as little as \$2 for a brush and it removes the mold that builds up in the drain just out of reach.

18

Celebrate your wins

When you accomplish something do you take a moment to celebrate it or do you just check the box and move on? Learning to bask in your accomplishments. This will help you learn how to relax. So take a moment, notice the things on this list, that you are already doing.
Let's Celebrate !!!

SELF-CARE CHECKLIST

TICK THE THINGS YOU'VE DONE RECENTLY

- ☐ Move your body
- ☐ Breathing Exercises
- ☐ How do you treat yourself
- ☐ Skin care
- ☐ Hair products
- ☐ Oral hygiene
- ☐ Fluid intake
- ☐ Meditation
- ☐ What you put in your body?
- ☐ Awareness of self talk
- ☐ Do you know how to relax?
- ☐ Water
- ☐ Music
- ☐ Sleep
- ☐ Make up
- ☐ Energy body
- ☐ Inspect your home
- ☐ Celebrate your wins



NOTES

NEED MORE INSIGHT & SUPPORT?

JOIN MY CLASSES OR SCHEDULE A PRIVATE SESSION



I know this can be overwhelming! Take it one step at a time. I am here to support you.

REREFERENCE 1

[HTTPS://WWW.HSPH.HARVARD.EDU/NUTRITIONSOURCE/HEALTHY-WEIGHT/DIET-REVIEWS/ANTI-INFLAMMATORY-DIET/](https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/anti-inflammatory-diet/)