



# WAYS TO BOOST IMMUNE HEALTH NOW

## **1** MOVE THE LYMPH- Your bodies "sewage system"

Our lymphatic system is the body's largest circulatory system made up of a network of tissues & organs. It is the body's first line of defense against disease. It's main job is to "drain" waste, bacteria and toxins from every cell and organ in the body via a fluid called "lymph". Lymph contains antibodies and infection-fighting white blood cells. Imagine the lymph system as our body's sewer system. Lymph fluid carries waste into the bloodstream where the liver or kidneys then remove the waste from the blood and pass it out of the body via the bowels or urination.

**THE ISSUE:** Our bodies have 3x more lymph fluid than blood, yet there is NO organ to pump the fluid, such as with the heart which pumps/moves our blood. The lymphatic system **relies entirely on movement to flow**. Sedentary lifestyles, lack of physical activity, chronic stress, dehydration, processed foods & nutrient poor diets all contribute to a sluggish lymphatic system. Here are some ways to encourage flow and support a robust lymphatic system and healthy immune function.

- **EXERCISE**- All movement is good, however the most stimulating exercise is rebounding on a small trampoline, jumping rope or even jumping up and down for 20+ second intervals. Yoga is another great way to encourage lymphatic drainage.
- **HOT/COLD SHOWERS**- Hot water helps dilate the blood vessels, while cold water shrivels/contracts them. This creates a "pump" action that forces out the toxic fluids from the cells & body. (More on this next)
- **DRY BRUSHING**- Brush your dry skin in a circular motion towards the heart for 5-10 minutes by using a natural bristle brush, and then take a shower. You can combine dry brushing with hot and cold showers for better results.
- **DEEP BREATHING**- The pumping action of deep breathing will help the lymphatic system transport the toxins into the blood before they are detoxified by the liver.
- **AVOID THESE SLUGGISH FOODS**- Processed foods, conventionally raised meat & dairy, artificial sweeteners, trans fats, sugar, soy, table salt all contribute to a stagnation.
- **HYDRATE**- in a dehydrated state the Lymphatic system is less efficient due to a reduction in lymph fluid which slows the immune systems response to an invader. Tip: Drink half your body weight ounces every day (160lbs=80 oz/day)



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## **2** HOT COLD THERAPY- "Cold Shower"

Ok, I know what your thinking- perhaps you'd rather lose a finger than take a cold shower but let me break it down! Taking a hot shower and finishing with a cold rinse is not only energizing, invigorating and amazing for your skin but it has **HUGE benefits to your immune system.** When you go from hot to cold your body will try to conserve any heat it can, so your cells will contract. When contraction happens, your cells squeeze out waste and gas. Start with 3-5 deep breaths or 30 seconds, work up to 1-2 minutes of a cold rinse. Notice how your body feels directly after!

- **MORE ROBUST IMMUNE RESPONSE**-Scientific studies have found that taking a cold shower increases the amount of white blood cells in your body. These blood cells protect your body against diseases. Researchers believe that this process is related to an increased metabolic rate, which stimulates the immune response.
- **REDUCED STRESS & INCREASED ALERTNESS**- Cold showers wake your body up, inducing a higher state of alertness, thus keep you ready and focused throughout the day.
- **WEIGHT LOSS**-Research has shown that cold showers (and exposure to cold in general), in addition to increasing metabolic rate directly, stimulate the generation of brown fat. Brown fat is a specific type of fat tissue that in turn generates energy by burning calories. Cold showers, then, are an effective tool for people who are looking to lose a few pounds.
- **INCREASED LYMPHATIC FLOW**- as previously mentioned this keeps the "sewage system" flowing and prevents stagnation, which leads to various health conditions.
- **INCREASED WILLPOWER**- It takes a strong mind to endure the cold for extended periods of time. By incorporating cold showers into your daily routine, you are strengthening your willpower, which benefits many aspects of (your) daily life.

Want to learn more about cold therapy and the science behind it?

Checkout Wim Hof's work [HERE](#)



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## **HYDRATE- No really, how much water do you drink a day?**

The human body is composed of 25% solid matter and 75% water, with the brain tissue consisting of 85% water. Water is LIFE, it is the regulator of all functions of the body. When our body is dehydrated the first place it pulls from is the brain! Think brain fog, fatigue, memory challenges, anxiety and more. The most chronic concerns related to dehydration are fatigue, aches & pains, sleep issues and anxiety to name a few.

It is advisable to drink up to **half your bodyweight in ounces of water per day** to properly hydrate & support cleansing your system of toxins.

For example, if you are 160 lbs. = 80 ounces of water/day plus more if you drink diuretics like coffee, caffeinated tea or juice or workout.

**Start your day with 1quart of filtered room temp or cool water**, this jumpstarts digestion and helps rehydrate after a long night of sleep and detoxing. Then drink the rest of your water throughout the day best between meals.

Highly recommended read *The Body's Many Cries for Water* by M.D. F. Batmanghelidj. This is an absolute classic health book based on a pioneering physician's twenty years of clinical scientific research into the role of water in the body and how conventional medicine treats thirst with medication, when in fact you're not sick, you're chronically dehydrated.