

Optimizing Your Immune System

by Kathleen Heilich, RN, CHTP

During this time of changing seasons, a process that takes a toll on our immune systems, it is important to remember some common sense guidelines to avoid suffering with colds and flu.

First of all, get a good nights sleep. Your immune system cannot function at its peak when you are "running on fumes." Sometimes we just have to decline an invite or two in order to take care of ourselves.

Second, put aside 20 minutes a day to meditate. Being able to "stop the world and get off" helps to center you and calm your adrenal glands, which in turn boosts your immune function.

Third, surround yourself with positive, uplifting people whenever you can. Decide to be with those beings who feed your body, mind and spirit with high energies.

Be kind to yourself and others, extending acts of kindness, asking nothing in return (keeping your ego out of it).
Practice forgiveness of yourself and others.

Let go of the need to be right all the time (your ego, again), and instead intend to be happy, sending those who disagree with you love while concentrating on your own goals.

Be conscious of the foods you eat and choose those with the highest nutritional value. High-nutrition, organic foods will feed your immune system, thereby helping fight infections.

Intend yourself to be happy and healthy. No one ever becomes happy and healthy by thinking about despair and sickness. "So you think, so shall you be."

And lastly, WASH YOUR HANDS! Yes, your Mother was right. Washing your hands with soap and water often throughout the day decreases the bacterial and viral load your immune system has to deal with.

My wish for you is a Happy and Healthy Holiday Season.....now go wash your hands, dinner's ready.

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