



THE BEST 10 PIECES OF ADVICE TO STRENGTHEN YOUR IMMUNITY

SHIATSU
BODYWORKS

Immunity – not a word in the fore front of everyone’s mind until the events of 2020. Now though we can ensure we don’t get viruses, colds and bugs whatever the season! In boosting your immunity you’ll also be strengthening your gut health and improving your brain cognitive function. Embrace your immunity and feel your health and energy soar, all part of a preventative lifestyle which Shiatsu is perfect for!

WHAT DO I DO TO STRENGTHEN MY IMMUNITY?

Stress and anxiety take their toll on our immune system, as well as poor eating and sleep. In lowering white blood cell count in our system, we are opening ourselves up to catching colds and viruses. Never has ‘run down’ been a more critical situation to resolve in our collective health than now.

It’s not a case of just ‘upping’ immunity, we have to approach it from a few angles, making your gut health more robust, calming your adrenal system, relaxing your nervous system, increasing your sleep and white blood cell count and then front line protection of throat and lungs, if you feel a ‘bug’ starting.

Here are some supplements and lifestyle options you can do for yourself straight away to start feeling more robust in the coming weeks and to really revitalise your health moving forwards.

Copyright Shiatsu Bodyworks 2020 – Please do not reproduce without this footer. Shiatsubodyworks.co.uk

1. Take Magnesium

This calms your mind, aids sleep and helps your nervous system repair overnight. If you're sleeping well, and your nervous system is recuperating, this leads to a decrease in stress and an increase in your immunity.



2. Take an age appropriate multi-vitamin

Packed with high dosages of minerals that your entire system will need, they are all important but zinc is now known to lessen the intensity of cold symptoms and so to take this daily may lessen a bug if you catch it. You can also get zinc from nuts, seeds and eggs, however to get your full daily dose I recommend a good plant-based multivitamin. See Supplements guide at end.

3. Eat and Drink hot!

Even water, drink it warmer, and cut out all foods from the fridge, everything should be warmed, but at the very least room temperature. This is for our kidneys, they prefer warmth, and this leads to increasing our constitutional strength and by that we also increase our immunity. Cold shocks the system and feeling cold makes us more vulnerable to catching bugs.

4. Take additional Vitamin D3

You may think you get enough from being out in the sun, but only the very fairest skinned may do in the height of summer, not wearing a sunscreen. Vitamin D is part of the magic 3 for bone health (along with calcium and

magnesium). It also supports us seasonally through the winter, and very importantly now it's been researched over the couple of years (since Covid – Harvard Health) the part it plays in respiratory and lung strength. The darker your natural skin the more you require. Bones, Brain and Breathing all benefit from additional vitamin D3.

Whilst you're at it vitamin C is a wonder mineral, boosting immunity, take some every day as it's also supportive of collagen which helps with cardio vascular health and reduces hot flushes in menopause.

5. Turmeric cuts inflammation

It works differently to taking medicinal anti-inflammatories, turmeric works to keep down the inflammation in our system that is mainly caused by the food we eat. Processed foods and those we're intolerant too cause inflammation, which is heat, and becomes a phlegm like system in our body and on our brain. To keep respiratory health in top condition cut down on foods such as dairy and sugar, and take [turmeric](#).

6. Take a Pro-biotic for amazing digestive health

This is what populates your gut with healthy bacteria, the better your gut, the better your immunity and health, your sleep, your calmness, and your capacity. Keep your bacteria happy and you'll reap the benefits. Your bacteria needs to feed on vegetation, so make sure you eat veg/ berries every day!

We don't get enough vitamins, minerals and healthy bacteria from our food so to ensure top gut health and that you have the best absorption of nutrients you need a really good probiotic. I use **Microbz** – link and discount at end!

7. Cut down on caffeine

You know it's a stimulant, and the more stimulated and stressed you are, the lower your immunity becomes. My advice is to alternate between caffeine and decaf, lowering the amount as you ween off; don't go cold turkey as that's a shock your system doesn't need right now. The best thing I did for my daily

energy slumps around 3pm was to remove caffeine, they went. Have a good organic decaf as this has been through a healthy filtration process.



8. Invest in Ashwagandha

From Ayurvedic medicine, this powdered root really gets your adrenal response calming down. It's known as a stress adaptogen which means it's really good at dealing with the outcome of stress on your body, it really does help every client I suggest it to. Increasing sleep and lowering adrenal responses, which in turn increases your immunity. Take at bedtime with some Magnesium.



9. Look after your liver

When the liver is working well, the body works well. Your liver is like a giant filter and over time it becomes clogged, causing symptoms like night sweats, lethargy, nausea, gut health issues and more. Using a herbal blend daily will support your liver to self cleanse and keep you feeling more energised. A cleaner liver is also the starting point for better cardiovascular health.

10. Throat health

If you feel a virus is taking hold you most likely feel it in the throat or nose at first and may feel tired/heavy limbed. You do have a chance to expel it at this point, gargling with warm lemon water (an antibacterial and antiviral), or drinking water as hot as you can to literally 'kill bugs'. Also good for gargling is **Tea Tree Oil** the most powerful natural anti-viral oil. So powerful you only need one drop in the water. For lung health, eucalyptus essential oil is popular for steam inhalations and easing congestion and alleviating asthma. Foods that can also help relieve lung conditions are garlic (horseradish, cinnamon, black pepper, citrus). If a food is 'pungent' in Chinese medicine it is good for 'Lung Qi Deficiency' a weakened state of the lungs that needs protection and stimulation. If you feel you have a weakened lung state you should avoid foods that create mucus, like dairy.

Wrap it up... your neck that is! Ever caught 'a chill'? You don't want to now as that opens the door to catching a cold or virus. The back of your neck is a vulnerable spot, keep it covered up, wrap a scarf around to keep warm; don't let a pernicious influence invade 😊

Where to get your supplements?

[Cytoplan](#) is an ethical science-based charity that only creates the best plant-based supplements. I have a 35% discount code which you can use when you book a free 15 minute Health and Vitality chat with me!

The probiotic Biolive comes from [Microbz](#), use code MBZCM15 for a 15% on all orders.

Andrea Marsh works as a Shiatsu Practitioner at Shiatsu Bodyworks in Cheltenham, Gloucestershire, UK. She regularly see's people with complex midlife health issues, stemming from stress, lack of nutrition and changing hormones. Shiatsu is a powerful therapy, where you are fully clothed, but where you will leave feeling like you have had a massage and will be deeply relaxed. In the coming days your body will detox and then start to rebalance and respond to this therapy. Shiatsu is based on the principle of Chinese Medicine (like acupuncture), the theory of which is a powerful tool to help people understand and alleviate symptoms in mind and body. Visit Andrea at ShiatsuBodyworks.co.uk for further information about how she can help you via a video consultation. Book a free Health Clarity Phone call [here](#).

