



# 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 a couple of weeks ago. Now though we can ensure we don’t get the virus by strengthening different systems in our body so we don’t pass it to our loved ones and we do our part to protect the overwhelm of our health service, where ever we are in the world.

## 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.

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.

Here are some supplements and lifestyle options you can do for yourself straight away to start feeling more robust in the coming weeks!

## 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

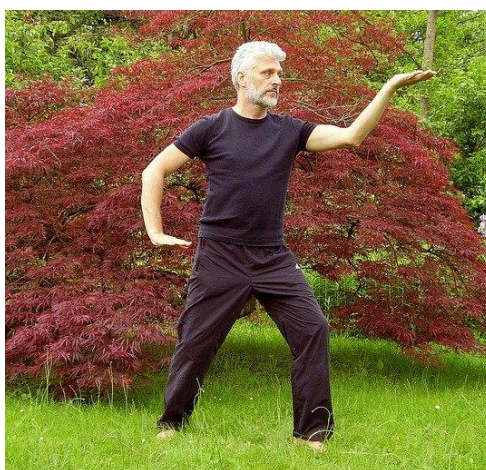
Packed with high dosages of minerals that your entire system will need, they're all important but Zinc is now known to lessen the intensity of cold symptoms and so to take this daily may lessen a bug if you catch it. You can also get zinc from nuts, seeds and eggs.

## 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. Find an 'energy' exercise

Like Qi Gong, Tai Chi, or do guided meditations (lots of apps like Head Space around nowadays). These will help slow down adrenal responses, and if you haven't yet realised an exhausted adrenal system greatly impairs your immunity. If you're getting wound up at the thought of being house bound doing a routine like Qi Gong will certainly exercise your whole body, energise you positively, calm and lift your mental state. You can do it in the garden, getting the fresh air. The more good air into your lungs, and the more you exercise them in a gentle but positive way, the stronger they're going to be to expel a virus.



## 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 a happy gut

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 need to feed on vegetation, so make sure you eat veg every day!

## 7. Cut down on caffeine

We know it's a stimulant, and the more stimulated and stressed we are, the lower our immunity becomes. My advice is to alternate between caffeine and decaf, lowering the amount, don't go cold turkey as that is a shock your system doesn't need right now.

## 8. Research Ashwagandha

From Ayurvedic medicine, this powdered root really gets your adrenal response calming down. It's known as an 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, so that can increase your immunity in return. Available online.



## 9. Liquorice Root Powder

We know it as sweets but Liquorice has been used for millennia by the Egyptians and was incorporated into Traditional Chinese Medicine once they realised the benefits. As well as having a cleansing effect on the liver and calming your adrenal system it is known for its Respiratory actions and for throat health. If you buy the pure powder, the amount to take is 'to taste', if it smells/tastes sweet take small amount on fingertip. Keep tasting throughout the day until it becomes very liquorice, then stop when it tastes bitter; this is the indicator you don't need it anymore. Only take the powder when it smells sweet to you. Do not exceed 75mg (World Health Organisation). Available online.

## 10. Throat Health

If you feel a virus is taking hold you most likely feel it in the throat or nose firstly. You do have a chance to expel it at this point, gargling lemon water (an antibacterial and antiviral), or drinking water as hot as you can to literally 'kill bugs'. Also garlic (horseradish, cinnamon, black pepper, citrus), is good for expelling and it is great for supporting lung health. 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.

Wrap it up! 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 ☺

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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 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](https://ShiatsuBodyworks.co.uk) for further information about how she can help you via a video consultation.

Ready to get started? Book in [here](#). All times are GMT; from Sunday 29<sup>th</sup> March GMT +1.

