

You and your Immune system

By Leslie Collins, CH.

Common Sense Remedies

The past few years have brought to light how we ignore our immune system, not thinking about, until we get sick. Then it's a big rush to bring ourselves back to good health. There are a few simple steps to keep from having to climb that ladder from the bottom rungs.

Eat smart. We all get cravings and that's ok. When the cravings start to dominate healthy choices, that's when it becomes a problem. Do you like chocolate? Real chocolate is super high in minerals like magnesium. It's actually really good for you. With real chocolate you will find that you eat less to satisfy the craving because it is so rich. There are some great bars out there that have low sugar and no fillers. Avoid white foods, they are over processed and have had most of the nutritional value stripped from them. The processed meats are high in sugars and salt and nitrates, a known carcinogen. Whole wheat is not whole grain. Whole wheat bread is no better than white bread. Look for whole grain bread instead. Don't fall victim to the low/no sugar crazy or the low/no fat thing either. Sugar substitutes trick the body into wanting more sweets. You might not be eating sugar but the calories will add up because you keep eating to satisfy that craving. Low fat or no fat foods add more sugar or sometimes salt to make for the fat. Drink water, lots of it. For every cup of coffee, you have you need 2 cups of water to replace the fluids lost because of the diuretic effects of the coffee. Don't be scared of fats but remember that even the good fats have calories.

Sleep habits. It's easy to say and hard to do. The body has a natural rhythm. Some people need more sleep than others. If you are healing, in any form, your body will need more rest. The best thing to do is set yourself a bedtime and stick to it. Turn off the computer or tv and let your brain relax. Set yourself a routine, no different than the kids really. Try some meditation. It can be to music or silent. I really like solfeggio vibrations. They are frequencies that are help to rebalance the energy field that propels us.

Stress. This is a big 1 as we are humans with lives to lead and it is impossible to avoid. Even exercise is a stressor. The body does not differentiate between good and bad stress. Over doing anything, even exercise will have repercussions. If you are just starting out on an exercise routine take it slowly and build. Remember, your only competition is YOU!

Supplementing in your diet should not be overwhelming. Each person is unique and their nutritional requirements are different. Just because your neighbor needs to supplement with a protein shake doesn't mean that you do. More is not better. And it really does matter where you buy your supplements. Grocery stores and pharmacies usually do not have trained staff to make the appropriate suggestions for you. When you buy from a health food store you get staff with the relevant training. For most of us this is a way of life. We dedicate ourselves to health and healing and are very happy to share our education with you. We will take the time and ask the questions to help you get that immune system up and running again.

Remember, herbal remedies and supplements can have interactions with pharmaceuticals. It is important that where you buy your supplements from have properly trained staff.

Immune function is more than popping a Vitamin C and hoping for the best. We are human and as such we will get colds and flus and the such. If we take the time to listen to our bodies and do what they are telling us to do, whether it is a supplement, rest, or stress reduction or a combination of things we really can lead happy healthy lives.