

The image features a top-down view of a white bowl filled with a variety of fresh fruits, including sliced kiwi, blueberries, cherries, figs, and a slice of orange. A large, semi-transparent graphic consisting of two overlapping circles, one blue and one red, is positioned in the upper half of the frame. The text 'BOOST YOUR IMMUNE SYSTEM' is written in white, bold, sans-serif capital letters across the center of these circles. The background is a soft-focus image of a kitchen counter with a white cutting board and a knife.

BOOST YOUR IMMUNE SYSTEM

Protect Yourself From
The Coronavirus and Other Diseases



INTRODUCTION

Your immune system is vital for preventing and fighting off diseases. This is especially important with the current coronavirus pandemic. Our lifestyles usually dictate the health of our immune system and if you want to improve this vital component of your body then you need to be prepared to make some difficult changes.

Boosting your immune system starts by understanding what it does and how it works. We have a chapter on this that explains everything in a simple to understand way. Once you know how much your immune system protects you, it will be easier for you to make the changes that you need to make.

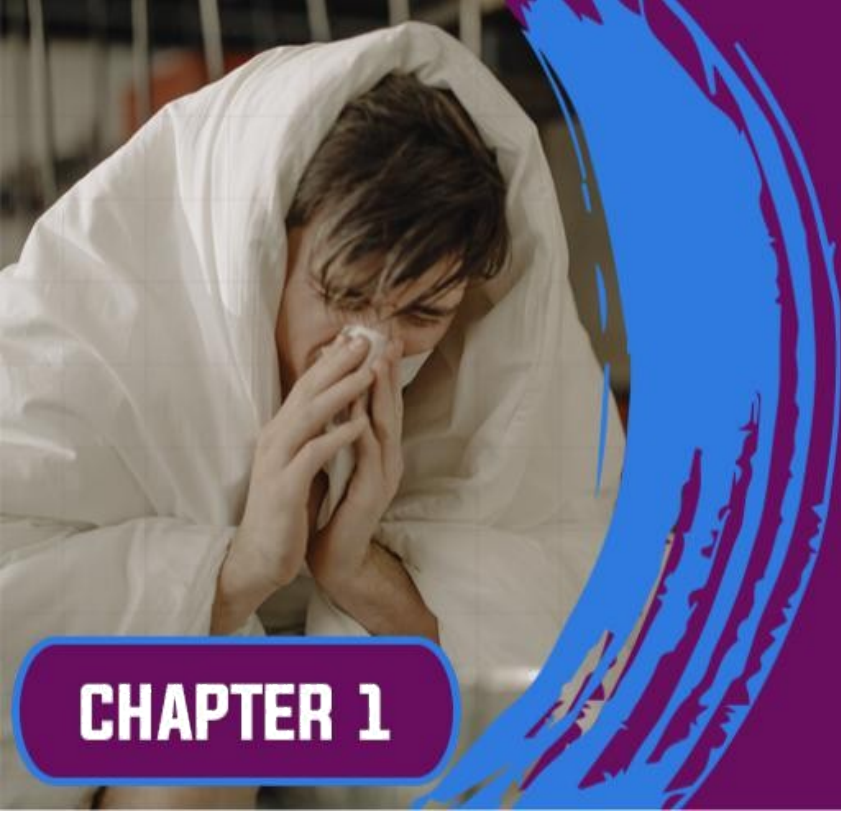
Some things in life cause harm to your immune system and if you indulge in these then you need to stop. Smoking and drinking alcohol are high on the list here which will probably not surprise you. But there are other things that you need to avoid as well that we cover in detail.

The right diet will provide the nutrients and vitamins that your immune system needs to stay in tip top condition and work hard for you. Changing your diet is a big step to take, but if you are eating the wrong things then you need to do this for the sake of your immune system.

There are supplements available that can provide essential vitamins and minerals that perhaps your diet cannot. We provide you with all of the information that you need to know about supplements in this guide.

Stress can negatively impact your immune system and we have a whole chapter dedicated to how you can reduce the stress in your life. Exercising regularly and getting the right amount of sleep are also very important and we cover this off for you as well.

Keeping your body clear of toxins is something else that will help your immune system and we have some great detoxification techniques for you in this guide. Finally we explain why essential oils are beneficial for your immune system and the best ones to use.



WHY YOU NEED TO BOOST YOUR IMMUNE SYSTEM

CHAPTER 1

Do you always find that when the colds and flu do the rounds you seem to get them while others around you are unaffected? If this is the case for you then you should definitely take steps to strengthen your immune system.

Most people seem to pay more attention to their immune systems during the winter months, when colds and the flu are at peak levels. But you need to understand that your immune system works hard for you every day of the year and it does a lot more than just protect you from colds and flu.

Your Immune System is very Precious

Every one of us has this wonderful thing called an immune system designed to keep us healthy and well. It protects us 24/7 without us even realizing it. There are a number of things that you can do to boost your immune system as you will discover in later chapters of this guide.

But there are also a number of things that can damage your immune system and its ability to protect you against bacteria, pathogens and viruses. At the time of writing this guide, the world is gripped by the coronavirus pandemic so having a strong immune system is vital.

Do you have a Weak Immune System?

A lot of people have weak immune systems and don't even know it. If you do have a weakened immune system then you must do something about it fast. There are a few signs that you can watch out for to see if your immune system is weak:

Diseases that Weaken the Immune System

There are some diseases that will weaken your immune system. Some of these are really well known such as AIDS and HIV. These are auto-immune diseases that can significantly damage your immune system unless you get the right treatment.

Some cancers will weaken your immune system too. There are also people that are born with disorders affecting their immune systems that make them more deficient than other people's. At the time of writing there was no cure for this type of disorder so anyone that has this must manage it for life.

Getting the same Infections over and over

If you get the same infections over and over again on a regular basis then this is definitely a sign of a weakened immune system. For people with normal or strong immune systems, getting these infections will only occur a small number of times in their life.

To be more specific, do you regularly suffer from a strep throat or pneumonia? If so then this probably means that your immune system is weaker than it should be. Another sign is frequent problems with your digestive system.

It is also possible that more common ailments such as diarrhea, a lack of appetite and stomach pains on a regular basis could point to a weakened immune system. A large proportion of your immune system covers your digestive system, so if all is not well here then your immune system could be weak.

Low Energy Levels

In some people, low energy levels are an indicator that there is a weakness in their immune system. The reason for this is that your body is spending much more energy than it should do ensuring that your immune system works as hard as possible for you. If you are sleeping well then a weak immune system could be the reason that your energy levels are down.

If you are Sick right now can you still Boost your Immune System?

Yes you certainly can and you must. Your immune system is still working hard for you while you are sick, not only tackling the sickness that you have but also ensuring that no new diseases arise. So it needs all the help that you can give it.

If you follow all of the practices recommended in this guide (which we strongly recommend) and you do get sick, this does not mean that the practices are flawed. It just means that something slipped through the net so you need to carry on the good work if you are sick.

Getting a Blood Test will help you to understand your Starting Point

If you are concerned whether your immune system is in good shape and do not want to test it by being exposed to a disease (not a good idea), then we strongly recommend that you have a blood test specifically for your immune system.

The immune system blood test will check the amount of white blood cells that you have. This is very important as these white blood cells fight diseases and take out certain cells to protect you. If your white blood cell count is low then your immune system will be weak.

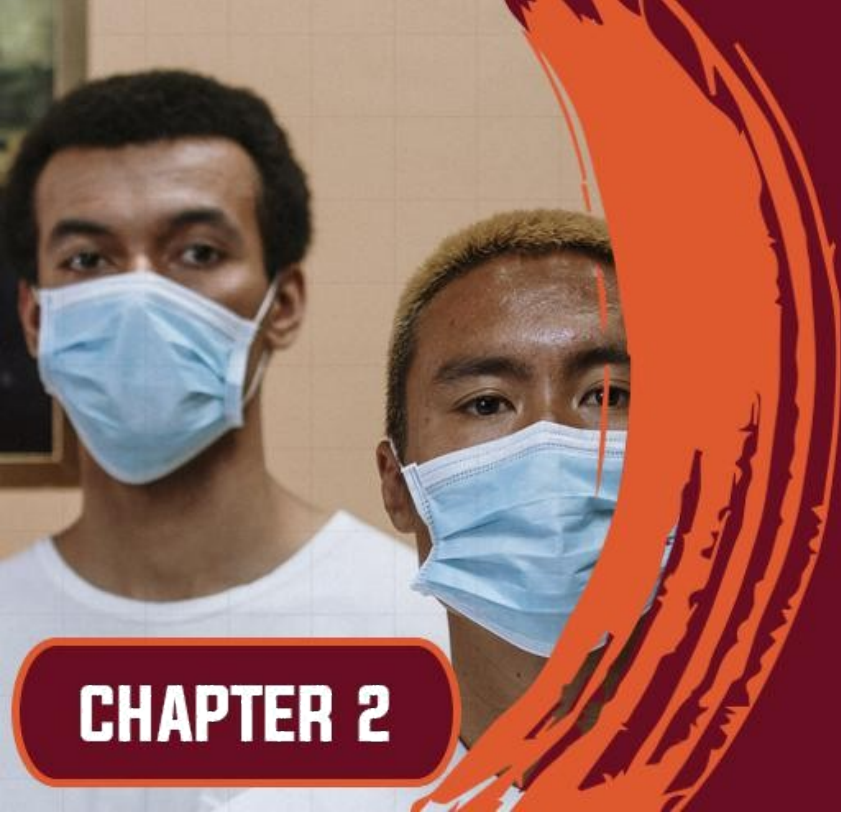
Another thing that a blood test will do is check for antibodies or immunoglobulin. These are vital for your immune system because they are proteins designed specifically to attack different diseases.

If you are a pregnant woman then you can have a blood test to check if their unborn child has an autoimmune disease. Treatment can be administered if this is the case, otherwise a child can be in real danger. Autoimmune diseases can be passed through blood so there are often genetics involved.

In order to boost your immune system in the best way you need to know where you are starting from. Do you have a normal immune system for your age (in later years your immune system deteriorates) or do you have a weak immune system right now?

In the next chapter we will discuss how your immune system works...

[Click Here To See REAL User Results and Uncover The Secret Behind This Fat Burning Morning Ritual](#)



HOW YOUR IMMUNE SYSTEM WORKS

CHAPTER 2

Don't worry, you do not have to be a doctor to understand this chapter. We have kept it as simple as possible so that anyone can gain a good understanding of what their immune system really does and how it works.

What does your Immune System do?

The purpose of your immune system is to protect you from foreign invasions that can harm you. These foreign invaders are called “antigens”. An antigen could be a parasite, bacteria, fungi or viruses (such as the coronavirus).

Whenever these antigens are discovered in your body they will trigger your immune system. Once kicked into action, your immune system will do everything possible to destroy these antigens using a variety of methods. It really is an amazing system that you need to take care of all of your life.

Your Innate Immune System

The human immune system is divided into two categories:

- 1 Innate
- 2 Adaptive

Think of your innate immune system as the “first responder” to any antigens that find their way into your body. Your innate immune system is made up of your skin, the cells within your immune system and certain chemicals in your blood.

Your Skin

Your skin really is your first line of defense because it provides a barrier on the surface of your body to prevent bacteria and viruses getting inside. If you are wondering why there is so much emphasis on washing your hands with the coronavirus pandemic, it is a way to destroy antigens before they can enter your body.

The Cells of your Immune System

Your immune system contains vital immune cells. Some of these cells are more selective than the others when it comes to defending against certain antigens. There are 3 main types of immune system cells:

- 1 T Cells
- 2 B Cells
- 3 Phagocytes

The purpose of T cells is to regulate your immune cells. It can activate the cells or eliminate them. If there are abnormal cells in your body or some that are infected with antigens then T cells will kill them. They are “killer cells”.

The B cells in your immune system will activate the necessary antibodies. These antibodies are proteins that have the sole purpose of destroying antigens in your bloodstream. B cells perform a vital role.

Phagocytes are larger white cells that basically eat antigens. You will find phagocytes in tissue and blood. If you notice some inflammation in your body this is very likely to be phagocytes at work. When your immune system needs to send phagocytes to a part of your body it can cause inflammation to increase the flow of blood.

Your Adaptive Immune System

Your adaptive immune system has a very important role as it remembers any past antigen attacks you have encountered. It uses this information to attack these same antigens in a more effective way.

You will have had at least one vaccine as a child. The reason that vaccines work is that they trigger your adaptive immune system, so that whenever one of the antigens in the vaccine is encountered again it will know how to deal with it in the most effective way.

Your adaptive immune system will remember specific antigens and then dispatch the appropriate immune cells to destroy them. This is a fast and effective process which prevents a buildup of the antigens in your body.

Your Lymphatic System

You have another critical system in your body which helps prevent you from becoming sick and this is your lymphatic system. It comprises nodes, vessels and tissues that assist your body to eliminate toxins and any other substances that can cause you harm.

Your lymphatic system circulates lymph fluid through your body. This contains white blood cells (similar to the B cells and T cells we discussed above).

That wasn't too painful was it?

So there you have it – a lay guide to your complex immune system. We believe that it is very important that you understand what your immune system is and how it works. This will help you when it comes to avoiding the things that can harm your immune system and doing the things that will help to boost it.

In the next chapter we will discuss the things that you need to avoid to protect your immune system...



AVOID THESE THINGS TO PROTECT YOUR IMMUNE SYSTEM

CHAPTER 3

The secret to boosting your immune system is to lead as healthy a lifestyle as you can. A lot of people will adopt a healthy lifestyle when they are sick, but we strongly recommend that you adopt a healthy lifestyle all of the time so that you can avoid getting sick in the first place.

Nobody said that this was going to be easy. If you have a pretty unhealthy lifestyle at the moment then it is going to take a lot of effort and persistence on your part to make the transition to a healthy lifestyle.

You now know how vital your immune system is for your health and wellbeing. So keep this uppermost in your mind when you are cutting out the bad things and bringing in the good things. A healthy lifestyle is best for not only your physical health, but your mental health as well.

In the first chapter we looked at things that can weaken your immune system such as auto-immune diseases. These can be treated and help you to build up your immune system. There are other things that you can certainly avoid to prevent damage to your immune system as well, so let's take a look at these.

Smoking

You just knew that this was going to come up didn't you? There are many health risks with smoking such as heart disease, cancer and generally poisoning your body. But smoking can also really damage your immune system.

Smoking can do a lot of damage to your lungs, and if your immune system is trying to fight off a respiratory disease (such as the coronavirus) then you are not going to be able to fight it as well as a non smoker will be able to.

Smoking can also reduce the amount of white blood cells that you have which is a vital element of your immune system. With reduced white blood cells, your immune system is in a weaker position to defend you against antigens. In fact, cigarette smoking can stop the production of white blood cells altogether due to the antibodies it can create.

We know that it is not easy to give up smoking, especially if you have been doing it for a long time. But for the sake of your immune system it is essential that you do this. There are plenty of aides around to help you to give up.

Alcohol

This is another thing that you were expecting to be in this chapter wasn't it? People drink for different reasons and in different amounts. The worrying thing is that even the smallest amount of alcohol can lower the amount of white blood cells that you have.

If you drink regularly, or in large quantities, then this is going to damage your immune system. The more that you drink (or the more often), the more you will reduce your white blood cell count and you know how important these are to protect you.

Not only can drinking alcohol reduce your white blood cells, it can also radically change the way that they perform. They can stop trying to fight against antigens, which means that you will be prone to all kinds of diseases and infections.

The good news is that when you stop drinking, your immune system can recover from this and get back to the condition that it needs to be in. Just reducing your alcohol intake can work wonders.

Again giving up drinking is not an easy thing to do. Start off by reducing your intake and go on from there. Remind yourself how important your immune system is the next time someone invites you on an alcoholic binge.

If the coronavirus pandemic is still in force while you are reading this guide, you could find yourself with a lot more time on your hands. This can be stressful, and some people are drinking more to cope with this. Don't do this – put your immune system first.

Leading a Sedentary Lifestyle

These days many people lead too much of a sedentary lifestyle. They travel to work sitting in their car. When they get to their office they sit in front of a computer screen for several hours. Then they travel home sitting in their car and when they arrive home they sit on the couch in front of the TV.

There are two major problems with leading a sedentary lifestyle:

- It can lead to high blood pressure
- It can increase your cholesterol

Your immune system works closely with your heart to form a strong barrier to disease. So it is vital that you do all that you can to keep your heart as healthy as possible.

We realize that in these modern times a lot of people have to work at a job that requires them to sit in front of a computer screen for several hours each day. If you are in this situation then take regular breaks and do some stretches. Daily exercise is very important as well and we will discuss this in a later chapter.

Avoid Stress

This is another thing that is easier said than done, but you must reduce the amount of stress that you experience as much as possible. It is a mistake to think that stress only affects your mental health. Stress can cause a number of physical problems as well.

Stress is another thing that can reduce those all important white blood cells. If you are really stressed then your body produces different hormones faster than usual, and some of these hormones can impair white blood cell production.

If you are a chronic stress sufferer then this is very likely going to increase your blood pressure levels and also negatively impact your digestive system. It is vital that you pay attention to your mental health as well as your physical health to protect your immune system.

There are a variety of techniques available to help you relieve stress. We will discuss relieving stress in more detail in a later chapter. All of the good work that you do to boost your immune system can be totally wiped out if you are always stressed out.

Sleep Deprivation

If you are not getting enough sleep every day then this can have a serious impact on your immune system. When you do not get the right amount of sleep you can find that you get sick more often and it takes a lot longer for you to recover.

When you are asleep your body produces cytokines. These are small proteins that will help the other cells in your immune system to work more effectively. Also during sleep, there are hormones produced that assist your white blood cells to adapt how they fight antigens and deal with them in a more effective way.

If you are struggling to get a good sleep at the moment then creating a consistent schedule will help you. This means going to bed at the same time each night. Your body will get used to this and you will find it easier to fall asleep when the time is right. We will cover sleep in more detail later on.

Don't Eat the wrong Foods

Too many people eat the wrong food these days. There is far too much processed food around now and this can cause inflammation in your body. Our best advice here is to avoid foods that come in cans or boxes because they are likely to have a high salt and sugar content.

If you eat a lot of junk food then you will need to change your diet to one based on whole foods to protect your immune system. Sugary foods should definitely be avoided, as they can damage your metabolism and cause chronic illnesses which will severely weaken your immune system.

- In the next chapter we will discuss immune boosting foods...



IMMUNE SYSTEM BOOSTING FOODS

CHAPTER 4

The food that you eat is so important for your body and your immune system. You derive most of the antioxidants and nutrients that your body needs from eating the right things. A good diet to boost your immune system and sustain it at high levels will always include the right fruits and vegetables for example.

Your diet needs to provide you with vitamin A, vitamin C, vitamin D, vitamin E and selenium. You are very unlikely to find these in processed foods unless they have been enriched with them. It is far better for you and your immune system to go for whole foods that are fresh.

Some good examples are citrus fruits, nuts and leafy green vegetables. These foods have high levels of the antioxidants and nutrients that you require to give your immune system a great boost. So in this chapter we will specifically point to the best foods for you to consume to bolster your immune system.

Fish

Do you include fish in your diet on a regular basis? If not then you need to change right now. The reason to add fish to your diet is that it contains a great source of selenium. This is particularly true of tuna, which contains the highest levels.

Other types of fish and seafood have selenium in them too and you can mix things up for variety. A great fish to eat to strengthen your immune system is salmon. Salmon has a high degree of omega-3 healthy fat which has been proven to strengthen the immune system and reduce heart disease.

Brazil Nuts

Another great source of selenium can be found in Brazil nuts. You need a good amount of selenium in your diet as it is a powerful antioxidant which is good for an immune system boost. You can get more than the recommended daily amount of selenium through eating a single Brazil nut.

Sunflower Seeds

You should eat sunflower seeds because they contain high levels of vitamin E. An ounce of sunflower seeds can provide you with over 75% of the daily recommended intake of vitamin E. You need vitamin E as it is another powerful antioxidant that bolsters your immune system.

Lentils

A lot of people consume lentils as an alternative to meat or fish but you can include them in any diet. A single cup of lentils will provide a good amount of selenium as well as nutrients to strengthen your immune system and they provide protein and fiber too.

Yogurt

If you eat the right kind of yogurt you will introduce good bacteria (yes there is good bacteria as well as bad) into your body which will fight the bad bacteria and also help with your digestion.

Carrots

Carrots are a delicious vegetable that contain zinc as well as vitamin A, B, C and E. It has been shown many times that zinc is beneficial to our immune systems. In fact if your body is deficient in zinc it will make your immune system weaker.

Garlic

Garlic is another food that provides a good source of zinc. A lot of research has been conducted around garlic with some researchers claiming that it is a good way to keep out the common cold. People suffering with cancer were able to boost their immune system by consuming garlic according to some studies.

Broccoli

You may have heard that broccoli is good for you before and this is true. It contains phytonutrients which can really help to bolster your immune system. One serving of broccoli will provide one third of your daily vitamin A intake and it is also rich in antioxidants.

Spinach

There is a lot of vitamin C in spinach and some vitamin E as well. Keep your spinach raw so that you can get all of the nutrients from it. You can easily add spinach to a sandwich or a salad.

Sweet Potatoes

This is another great tasting vegetable that will provide a good source of vitamin A. Just a single serving of sweet potato will provide over three times your daily recommended intake of vitamin A. It also contains other beneficial antioxidants as well.

Citrus Fruits

You may already be aware that vitamin C is essential for your immune system. Citrus fruits are packed with vitamin C. To get your daily intake just have an orange or a grapefruit for your breakfast and then add some sliced lemon to the water that you drink.

Watermelons

Not everyone is a fan of watermelons but they do contain a lot of nutrients to boost your immune system. Watermelons also contain potassium which is important for the regulation of body functions. It also contains vitamin C and vitamin A.

Blueberries

Did you know that blueberries are full of antioxidants? Well they are - in fact they contain more antioxidants than any other fruit or vegetable. Blueberries are great for strengthening your immune system and they can also help to lower the risk of heart disease, cholesterol and even cancer.

Pomegranates

You can get a lot of the nutrients you need from eating pomegranates. They contain a wide variety of antioxidants and they help to fight inflammation as well which is great for your immune system.

Mushrooms

Mushrooms are delicious and they can really help to stimulate your immune system. The Agarikon and Reishi mushrooms have been part of studies that proved they had a beneficial effect on the human immune system.

These studies showed that Reishi mushrooms could interfere with a virus attacking the body and reduce its ability to multiply by attaching to cells. The Agarikon mushroom can be an antibacterial agent and it also has good anti-inflammatory properties.

Turmeric

We close this chapter on immune boosting foods with turmeric. It is a very pleasant spice that you can easily add to your cooking. Turmeric can actually be a poison for cancer cells and it can reduce inflammation as well.

In the next chapter we will discuss supplements to boost your immune system...

[To Slim Down Click Here](#)



SUPPLEMENTS TO BOLSTER YOUR IMMUNE SYSTEM

CHAPTER 5

You now know that your immune system is a complex mixture of cells, chemicals and processes that work together to provide you with protection against antigens. It is very important that you do all that you can to boost and maintain your immune system levels so that you can prevent diseases.

We encourage you to follow the advice in the last couple of chapters by avoiding things that can damage your immune system and eating the foods that will boost it. In this chapter we will look at using supplements to provide your immune system with a healthy boost.

While we recommend that you take the advice in this chapter seriously and chose the right supplements, please be aware that the taking of supplements is not guaranteed to prevent diseases and will be very unlikely to cure any diseases that you may currently have.

We will provide you information on supplements here that can bolster your immune system that is based on sound research.

Vitamin D

Vitamin D is one of the most essential nutrients for the proper functioning and overall health of your immune system. It is a fat soluble that increases the fighting abilities of macrophages and monocytes that make up your white blood cells.

Most people just do not get enough vitamin D. When you are deficient in this vitamin it is possible that it can have a negative impact on your immune system. A low level of vitamin D can put you more at risk to respiratory infections like the coronavirus and the flu.

A number of studies showed that using vitamin D supplements can improve the response of the immune system. Some recent research suggested that vitamin D supplements may provide additional protection against respiratory infections.

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