

Boost Your Immune System

Boost Your Immune System in 7 Simple Steps

1. Eating Habits

2. Too Little or Too much Exercise

3. Stress Management

4. Eat your cruciferous vegetables

5. Stay Hydrated

6. Sleep

7. Vitamin D



Step 1 – Eating Habits

Like most of our daily challenges, your diet often comes high up in the list of simple and must do fixes.

Building your Immune System is no different.

(We will dig into the goods in no.4)

But Toxic overload is one of the main causes of mental, emotional, and physical stress. And not to mention it's a primary root cause of inflammation,

It's absolutely essential to limit our exposure to the environmental toxins that are within our control such as:

- Alcohol
- Junk Food
- Smoking
- Sugar

All of the above increase inflammation in the body which is the arch nemesis of the immune system.

I know this from my sporting days where a game was often followed by a beer and a take away.

Recoveries worst nightmare.



Step 2 – The Right Amount of Exercise

If you could pill up exercise it would solve most of the worlds Obesity, Depression and Stress problems.

Because you have to do something hard first to feel great after, most people avoid it.

But this very under used form of happiness is used in the wrong way which either causes more damage to the immune system or pushes you into a sedentary life style in fear of being tired or sick.

Physical inactivity can decrease immune function, yet keep in mind that very demanding exercise can also lead to impairment.

I know this second one all too well being a burnout athlete for 15 years of my life, working hard to reach the top with no respect for my body and mind needing a break.

But using that as a learning curve I now know exercise doesn't have to be a killer to see incredible body and mindset results.

During his TED talk, National Geographic reporter Dan Buettner uncovered some key insights in what makes the ""Blue Zones" uniquely distinct from the rest of the world.

Blue Zones are those regions where people live to be 100 year and beyond.

Buettner discovered that NONE of these groups exercised. They walk a lot and live a life of movement.



Step 3 – Stress

"Stress Kills, Fact" - neurobiologist Robert Sapolsky

Stress gets a bad rap and it is essential to our living and can be used positively if we know not only how to deal with it but remove unnecessary stressors in the first place.

Here are just Three Vital Areas stress causes a negative affect;

- 43% of all adults suffer adverse health effects from stress
- 75% to 90% of all physician office visits are for stress-related ailments and complaints.
- Stress linked to the six leading causes of death - heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

But after watching an eye opening Ted Talk by Emily and Ameila Nagoski about the cure for burnout.

We handle stress the wrong way and it's energy we should be releasing more often than holding it in. In their example it was from many year ago when out in the Savannah the tribes would often get chased by lions to which they had two options:

Stay and FIGHT

OR

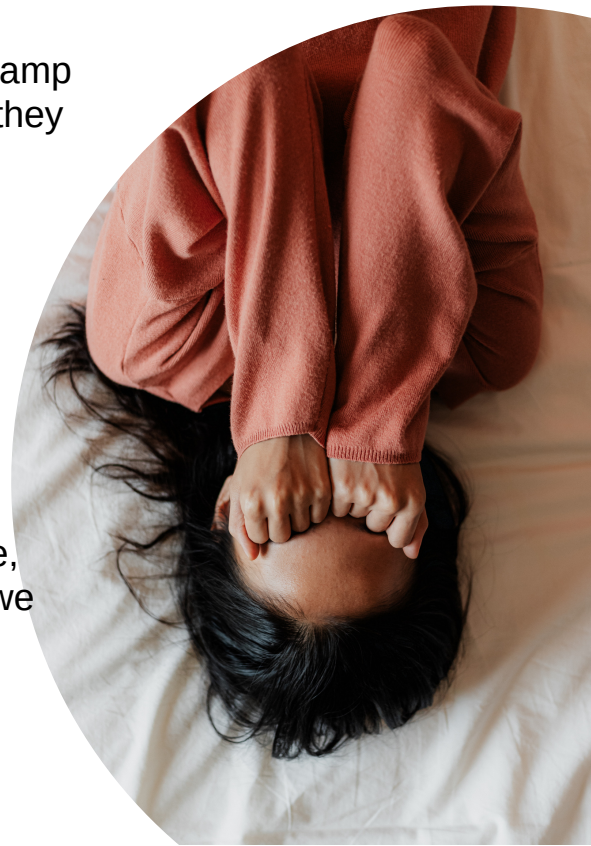
Run away in flight

Most would choose the latter and if they made it back to camp they would often celebrate in dance to release the stress they had occurred ready to live another day.

They advise exercise or 10 second full body tensions too help alleviate stress. Hey how many times have you shouted at someone and suddenly everything is better right? WRONG

You're now dealing with others emotions. Whereas if you had taken yourself off someone private for a shout and a better calmer solution could've been created. For example, I roar at my kids to which scared them for a second then we will laugh and get on with life stress free.

Watch this video for more <http://youtu.be/PrJAX-iQ-Q4>



Step 4 – Eating your Cruciferous Vegetables

What the heck is a cruciferous vegetable?

Here is a list below of some items you can include more regularly in your daily dishes:

- Brussel Sprouts
- Broccoli Cabbage
- Cauliflower
- Kale
- Horseradish
- Turnips
- Radish
- Wasabi
- Watercress

Be sure to eat these immune-boosting veggies in their raw and steamed forms.

The key to their cancer-fighting and immune boosting power are compounds known as isothiocyanates, thiocyanates, nitriles and isothiocyanate and cancer thrives in an inflamed body.



Step 5: Stay Hydrated

The human body is made up of water more than any other element or compound in the world.

Here are just a few important stats you need to know:

- Your brain and heart are composed of 73% water
- Your lungs are about 83% water
- Your skin contains 64% water
- Your muscles and kidneys are 79%
- Your bones are watery 31%
- Newborn babies are made up of about 78% water. By one year of age, this drops to 65%
- In adult men, roughly 60% of their bodies are made up of water
- In adult women, the percentage of water is about 55% because they naturally have more fatty tissue.

Your body is a veritable sponge and if you want to detox and cleanse your body from impurities, drinking water is the best way to flush them out of your system!

One of the biggest challenges my clients face with dehydration is remembering to drink.

The best strategies we have used to help this out are;

1. Setting daily realistic water targets that beat yesterdays amount
2. Setting reminders either on your phone or diary
3. Buying bottles with amounts totals that you have to drink by set times.



Step 6: Sleep

Getting good, quality sleep is deeply connected with longevity and overall health. Of course, the amount of sleep that each person requires is unique to that individual.

Most experts agree that the majority of people should get an average of 7 hours every night.

In the words of one study, "Average sleep quality was better related to sleepiness than sleep quantity", which means that people should minimise these common sleep disturbances as much as possible:

- Excessive stress - can cause nightmares and wandering thoughts
- Poor quality mattress and pillow - about a third of your life is spent in bed, so don't skimp on the cost because you usually get what you pay for!
- Eating late at night - as well as drinking caffeinated beverages after 2pm
- Turn off your phone and Wi-Fi router at night

I have a whole E-Book about how you can sleep your way to a Sexy Body and you can download it right now for FREE by clicking here <https://tauruspt.co.uk/free-stuff#SleepYourWaytoasexybody>



Step 7: *Vitamin D*

Scientists have discovered that it can help protect against a host of other, more serious health problems such as type 1 and type 2 diabetes, hypertension, glucose intolerance and even multiple sclerosis.

If you cannot get out in the sun for at least 15-20 minutes a day, you should strongly consider supplementing. This is heavily advised more in the winter time due to a lack of sunlight and it being too cold for some to go outside.

This is also a huge mood booster which will avoid you searching for the weight gaining sugary and starchy foods.

As they release Serotonin (one of your happy hormones) But now you're unhappy you've over eaten and your stuck in a downward weight gain mood cycle. So get some Vitamin D...



Hopefully by now you have a good idea on what could be the root cause behind you being poorly way more than you'd like.

And you know the knowledge is useless without action being taken to try and fix the problem.

Yet these aren't the ones.

There could be many causes that aren't on the list

But don't worry because I know you're a clever and brave person I know you will reach out for professional support if you're struggling.

Rather than keep fighting this battle alone.

If this is something you're interested in then I give everyone who reads my e-books a free 15 minutes no obligation power call to see if we are a good fit and find a little more about your struggles

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I can't wait to hear from you

Shaun





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