

## [Boost Immunity](#) - 3 Easy dynamic Steps to [Boost your Immune System](#)

Your immunity is nature's gift of armory for your body, and no one else but you are in charge of the troops. You don't have to fight any disease. With the proper attention it will fight for you. Then what exactly must you do? All you really only need to do is keep the troops well armored. Then your immune system will perform at its highest level with ease? Yes! It is possible to [boost your immune system](#) with no pain and all gain.

When I worked as a scientist I had to become familiar with the liquid part of the immune system which is the white blood cells of the blood. Luckily for me we worked with human blood. One of the things that fascinated me was the way the cells became misshapen when they were sick. When I here sick people say I am feeling out of shape, I immediately think, out of shape white blood cells. This advantage helps me to associate my immune system with wellness and makes it easy for me to think up ways to protect it.

Here are three things that I do and so can you even though you did not have to go to work and play with blood cells.

When planning meals and snacks consider what is going to give the utmost benefit to your immune system, everyday. This is not biochemistry or molecular chemistry. You just have to make some really sensible, delicious, natural choices and boom, your body grabs it up and turns it into chemical ammunition to [boost your immune system](#).

Any fresh citrus will give you all the vitamin C necessary to keep the troops marching for a whole day. The immune system craves virgin Vitamin C. Next, just because we get easily bored make a list of other foods that are high in vitamin C, and keep them handy. Chances are they have other synergistic ingredients, yet to be discovered that intensify the whole protective process. Two handfuls of any fruit high in Vitamin C like kiwi, mangoes, papaya, and even red peppers can spruce up your meals adding more protective gear for the immune system.

When does vitamin C not help! Vitamin C is easily destroyed by heat. When it is combined with extra amounts of sugar and made into commercial juice drinks, cooked into marmalade, jams and sweets. Consider the juicy excitement and ease of getting this powerhouse from fresh fruit rather than from a hard little pill in a bottle labeled Ascorbic Acid.

You might say that the immune system is nosey or down right inquisitive. It keeps a check on your feelings, thoughts, and anxieties as it constantly monitors the nervous systems. It can interpret you feeling as a call for defense and create an immune response. You really can't fool Mother Nature. Any unpredictable feelings or capricious behavior or unconscious fretting is detected by your immune system as a call to action. These over produced immune chemicals are detrimental. It is sometimes interpreted as auto-immune disorders or non specific allergies. And is probably the reason you get sick when you are stressed physically or mentally. Your over active immune defenses are getting weary trying to give you a [healthy, happy body](#).

One of the best things you can do for your body is to practice a mind body process that keeps you mentally and physically active at the same time. Sort of why the ancient sages talked about 'prayer without ceasing'! A modern day practice is dance, yoga, ice skating and some sports that require action of the body and the mind. This balancing act can boost immunity. Also, you can train with an expert in spirituality to learn a meditative process to quiet you mind, (brain and nervous tissue) thus giving the immune system a rest from its vigilance.

The 3<sup>rd</sup> thing is the simplest of all. Just drink more water! The blood is 80 to 90% water. Sorry not Coke! Give your blood the attention it deserves. Remember to purposefully drink more water. If you wait until you are thirsty you have already experienced a disruption in immune response. If you are inclined to create a new rule, do just one thing - drink 8ozs of water before you eat anything in the morning. Why not kill two birds with one stone and ask for water with lemon when eating out. It is the best free deal in America...