

# SLEEP

## **Autumn Immune Action Plan**

Optimal immune function is your main defence against respiratory infections. The weaker your immune system the more prone you are to infections. Now is the time to prime your diet, lifestyle and supplement regime to optimise your immune system.

### **Diet changes**

5 + a day is a good place to start. Immune enhancing foods are essential and include all the brightly coloured fruits and vegetables, along with garlic, ginger, onions, manuka honey and green tea.

Reduce your sugar intake as it compromises the immune system and drink lots of water to keep the mucus membranes hydrated.

### **Lifestyle changes**

Reduce stress – Extensive research has shown the negative impact of stress on immune function. Hobbies such as yoga and meditation make you stop and slow down and can help strengthen the immune system.

Laughter – Laughter has been shown to improve immune function and relieve stress. Try and have a good hearty daily laugh.

Exercise – Regular exercise stimulates the release of 'feel good' hormones, which can reduce stress. It also increases levels of white blood cells – the immune fighting cells available to fight off invaders. However excessive exercise can have the opposite effect so moderation is the key.

Sleep – A good nights sleep is essential to keep the body in good functioning order.

Decrease toxic habits – toxins within the body build-up and cause oxidative damage which impairs immune cell function and lowers vitality. Smoking, alcohol and junk food all add to the bodys' toxic overload.

Nutrient deficiencies are the most common cause of immune suppression. Key nutrients and herbs for immune function include

Vitamin C – Many immune boosting functions including enhancing white blood cell function

Zinc – Crucial for immune function with direct anti-viral properties, inhibiting the replica-