



Immune System Self-Care

with Five Element Yoga®

Your Immune System is a complex web of cells, tissues, organs and systems. With some loving Self-Care it's possible to strengthen and balance from the inside out with these easy practices to help you to stave off viruses, infections, bacterias, allergies and auto-immune illnesses:

- Practice living a Balanced Lifestyle as best you can:
 - Eat fresh, unprocessed, well-cooked foods. This strengthens the digestion and the Spleen, one of the main immune players in the body. Aim for five cups of fruits and veggies daily. And reduce energy depleting foods which can weaken the immune system: sweet, sugary, alcohol and caffeine.
 - Drink plenty of water. This is great for they Lymph system, Mucus membranes and the Lungs - all important in the immune health.
 - Sleep well and enough hours for you each night (somewhere between 7-9 hours). Sleep is critical for the immune system.
 - Take time to Rest. And try your best to not to overwork or to be overactive.
 - Stay socially connected. 'Play' each day: try fun body or face mirroring with a friend; dance; play with a child, puppy or kitten - they know how to do it!
 - Move your body every day for 40-60 minutes. This helps to keep you happy, the Lymph system flowing, and improves the activity of Natural Killer cells that are important in your immune system.
 - Get outdoors! Make sure you dress warmly enough. Drink in the Sunlight and Breathe deeply the Air Element.
- Address Stress Levels purposefully. Let go stimulation and find quiet, spacious time to allow everything to settle within you. This can be done with meditation, yoga nidra, being in nature, and other practices.
- Movements that are particularly good for the Immune System:
 - Backbending Chest Openers to awaken the lungs and the breath like Cobra, Sphynx, Warrior poses.
 - Stretches and Strengthening for the Arms, Shoulders, and Upper Back to help with posture and moving energy through the Lung energy channels.
 - Breathing with Movement to get everything flowing.
 - Inversions like Downward Dog, Bridge, Legs up, and Half Shoulderstand to encourage Lymphatic circulation.
- Stay Strong in all your organs and internally resilient by activating Stomach 36 Energy Point just below knee, and out to the side on the muscle. Thump with your fists gently for 1-2 minutes or more.
- Offer a Daily Act of Kindness: this will boost your mood and energy!