

Improving Immunity

In order to help alleviate the scaremongering that is going at the moment (and for years to come, I believe), I have compiled this list of tips to help you strengthen your immune system.

1/ Get Plenty of Sunshine: For more on this read my blog post [The Light of Life](#).

2/ Drink Good Quality Water: Spring water, filtered, reverse osmosis.

3/ Eat Good Quality Animal Products: Forget the notion that veggies are the healthiest foods - it is a massive LIE. For more on this read [Veganism: The New Age-Depopulation Cult](#).

4/ Exercise: Even short walks a few times a week will work wonders for both physical and psychological health.

5/ Avoid Pharmaceuticals: Unless you need them to survive, stay off them as they prevent your immune system from doing the job that it was created to do.

6/ Avoid Constant Sterilization: Avoid constantly washing your hands and sanitizing everything because this will weaken your immune system. You need consistent exposure to pathogens in order to STRENGTHEN your immune system. In fact, your body is teeming with bacteria and viruses because that's part of being a live creature.

7/ Good Quality Sleep: If you are sleep deprived, try to get a nap in during the day. Resting by switching off electronics, meditation and using something like lavender oil to relax may help you (the oil may help you sleep if you place some on your pillow at night).

8/ Socialize: In the flesh as this reduces stress far more than online interaction (avoid the internet as far as is possible – the less EMF exposure you have, the better for you).

9/ Holistic Healers: If you need outside help, seek experienced alternative therapists/healers that have INTEGRITY. There are many types of healers that take the holistic approach which will help build your overall strength.

10/ Emotional Health: Download the other free PDF documents available on this site for more specific help with emotional issues as they impact immunity to varying degrees depending on your particular constitution: [Thriving after Trauma](#) & [Feeling is Healing](#).

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