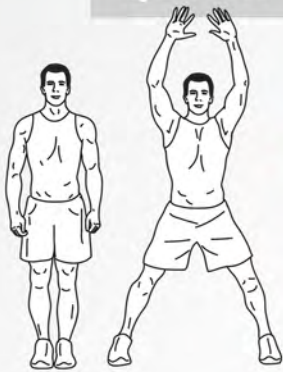


Build Up Your Immune System

QUICK GUIDE

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1

Do 50 Jumping Jacks Twice a Day

Intense physical activity affects cell messaging pathways that control hormone secretion in the bloodstream, cellular ageing and tissue inflammation. Exercise produces hormones that tell the body to roll back time and be stronger and healthier.



2

Hold a Child Pose for 2 minutes Once a Day

Stress hormones affect many of the body's functions, can make pre-existing endocrine disorders worse and impair the body's immune response. Break the stress cycle by interrupting the stress response.



3

Take a 2-minute active break Every hour throughout the day

Acute short-term stress is linked to the biochemical response associated with emotions. Take a break, go for a walk or do march steps for 2 minutes. It provides an instant sense of relief from pressure that allows your body and mind to recharge.



4

Drink a glass of water First thing in the morning

Water helps to carry oxygen to your body cells, which results in properly functioning systems. It also works in removing toxins from the body that can impair its physiology.



5

Wait 3-4 hours between meals

Whether or not the immune system is at its peak depends on the healthiness of the digestive tract which needs time to break down food into essential nutrients, recharge itself and repair.