

HOW TO BOOST YOUR



E-NEWS

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Boosting the Immune System: Promotion of Health.

Happy Fall, Y'all! It is fall, winter is coming and with that comes the cold, flu and other yucky stuff. Your clients will be walking in and they are full of questions about prevention. But, unfortunately, it is usually after the fact and they are already sick and miserable. We all know that prevention is a year around endeavor and there is not much we can do 'in an hour' to boost our immune system. A healthy immune system is a way of life or it should be. But, since no one is perfect, we all fall off the "strive for health wagon" from time to time. Life just gets in the way.

So, what do we do when our clients walk in our door and need answers? We have to be reasonable, objective, non-judgmental, kind, caring and realistic about promoting health in every single person's individual situation. We must understand where they are coming from and meet them where they are. Promoting health must be our priority so we must have an arsenal of evidence based,

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realistic information to pull from when we are giving advice to that captive audience.

When I was researching on this topic, the research is quite overwhelming and is constantly changing. Keeping with the keeping it simple theme, I went directly to the NIH. Your clients are getting their information from magazines, newspapers and social media. It is advisable to know what they are reading but you must help them clear the mud so go straight to scholarly publications. Remember, it is always advisable to encourage our clients to do their own research but from reliable sources. We want to urge them to be self-reliant and educated as they will make better choices concerning their personal health.

Below you will find some of the popular topics and links to articles, you may find helpful in your practice. We, also, must practice what we preach. Be an example to your clients. Stay healthy my friends!



[Immune System Research](#)

<https://www.niaid.nih.gov/research/immune-system-research>

[Psychological Wellbeing the Immune System](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5876785/>

Mindful Meditation and The Immune System

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4940234/>

Feeding Our Immune System: Impact on Metabolism

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2266987/>

Human immune system during sleep

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5768894/>

Vitamin D and The Immune System

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/>

Probiotics and immune health

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4006993/>

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