

How to Upgrade Your Immune System Now

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We are almost at mid-December ladies and I'm getting a lot of people telling me they are under the weather. So, I thought it would be a good time to review how to strengthen your immune system and help it run as optimally as possible.

The very first thing to look at is the gut. If you have a bloated, fatty stomach, that is going to put a huge damper on your immune system's functionality. Stop all gluten, dairy, and sugar, load up on the fruits and vegetables, probiotics, herbal detox teas and detox herbs, and lots of good water.

Early to bed! If you can get a colonic – walk don't run and get one!

If you do not have an urgent immune system compromising situation such as the above, the world being the way it is, your immunity is probably still compromised to some degree, so I recommend focusing on one or all of the following:

Do not eat fake food, processed food, or restaurant food. Eat a lot of fresh, uncooked food, organic if possible. Buy from the farmers market as opposed to the supermarket.

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Be very careful with antibiotics. Use them when you absolutely must but otherwise, understand that they kill off certain bacteria that are essential for good immune function. If you've taken antibiotics in the past, take probiotics for a while to repopulate the good bacteria that's been killed off.

Do not drink tap water since it contains chlorine which kills off the gut bacteria essential to your immunity.

Drastically decrease sugar and alcohol. You do not want these substances fermenting in your gut, leading to an overgrowth of bad bacteria.

Go to sleep by 10pm. Or earlier! Healing sleep only takes place until 2am and you need at least 4 hours of it every single night.

Find a way to lower your stress levels. Going to sleep early is one way. Take a salt and essential oils bath, drink chamomile tea, light a diffuser with lavender essential oil, do deep breathing, exercise, do things that you enjoy.



Avoid all chemicals in whatever way you can. Use chemical-free house cleaners, organic, chemical-free deodorant, make up and food.

Guard your energy! Your energy is part of your immunity. Your body needs energy in order to protect and heal itself. Do not do things or eat things that are going to deplete you either physically or emotionally. Watch your thoughts, actions, and food choices!

Look into the following supplemental, immune-building foods: Shilajit mushroom, Chaga mushroom, Eucommia bark, schizandra berry, olive leaf extract.

Remember – drugs usually do not go to the root of the problem. And often their side effects are worse than the original ailment. Always address your health issues at the root. Another thing to remember – if you don't have your health and everything else goes by the wayside. Think about that for a moment.

Pray to Hashem for the right information, the right messengers, the ability to do the right thing, and of course for healing.

A drug free life combined doing the above as well as keeping all your organs and glands is the treasure chest that safeguards your health,

May health, energy and blessings be yours this winter and beyond!