

Replenishing Immunity

The immune system is central to sustaining our health and wellness. When unimpeded, it has a remarkable potential for preventing infectious agents from entering and colonizing the body. Additionally, it is designed to maintain proper physiological functions and to orchestrate healing and recovery after disease or injury. In healthy individuals, the immune system performs its' innate and adaptive functions to maintain, protect and heal all the time, without manipulation or intervention. In instances where medical intervention is necessary, it works as an aid to the immune system which remains crucial for effective healing and recovery. When natural immunity is suppressed or depleted, no medical intervention can bring about healing on its own.

Underlying stress or anxiety is the greatest suppressor and depleter of the immune system. The human psyche stores the remnant of any unpleasant life experiences which cause anger, fear, trauma or resentment. Over time, if unresolved, this negativity forms a chronic underlying condition which drains the immune system. The underlying negativity constantly triggers the immune system, causing inflammation. Persistent inflammation consumes the resources of the immune system leading to its' suppression and in extreme cases total depletion. In these cases, healing and recovery, even with 'cutting edge' medical intervention becomes unattainable.

The foundation of a strong immunity is built upon resolving underlying stress consistently. The constant awareness and effective resolution of anger, fear, trauma, resentment and any other negative emotions each time they arise in our life's journey. This is the key to replenishing the immune system.

We can train you in simple techniques that bring you to a state where your underlying stress is effectively dissolved—liberating your immune system from the suppressors. In this process, as your apparent or hidden stress, anxiety, and trauma are resolved, you will also naturally adhere to a healthier lifestyle. You will be able to enjoy healthy, natural, wholesome foods that provide your immune system with strong building blocks and lower inflammation. You will also find it joyful to have an active lifestyle, and a properly regulated sleep cycle. You will also become emotionally balanced, hence, well equipped to build meaningful social relationships. Collectively, the changes brought by effectively dissolving your past or present negativity, restore the immune system to its full potential and promotes your overall physical and mental wellness.

