



Nurtured Bliss

5 Ways to Strengthen Your Immune System

Sleep and the Sun's benefits for Immunity:

Going to bed at a decent hour is crucial for many health reasons:

- Turn off screens 60 mins before bed as blue lights from devices and screens prevent melatonin (sleep hormone) which is also our healing hormone. Melatonin is really important for our bodies healing process including restoring immunity while we sleep. Sleep and Healing are two important components for a strong immune system.

Wake up with the sun:

Watch the sunrise or go outside (even just for 3-5mins) once you've had adequate sleep.

Your body wants to stop production of melatonin, to then have the opportunity to increase serotonin & dopamine (our happy/satisfying/pleasure hormones).

Our body has the ability to make energy from daylight, food, good quality water etc. Sunlight is also the lifeblood for vitamin D, And vitamin D & energy are important for our immunity!

10-20mins in the sun is enough vitamin D to run the body daily.....how cool is that!!

Nutrition

Processed foods, chemicals, fake meats/cheeses, sprayed foods etc will ALL put a strain on our Immune System, Nervous System, Digestive System and Organs. It destroys immunity.

Instead.

Buy foods at local farmers markets. Spray-Free or Organic as a first priority, buy from local butchers and always think of the "paddock to plate" scenario, not "packet to plate"!! The more local the better!

The body knows what to do with real food, so because of that, it's less stress on the body to process or digest it!

Here is a quick reference to some of the most effective immune strengthening foods:

Garlic. Onions. Ginger. All berries. Citrus fruits. Capsicum. Sweet potatoes. Mushrooms. Turmeric. Honey. Dark leafy greens. Green tea. bone broths. Just to name a few!





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Manage your Mindset & Support your Mental Health:

The more we play into media, news & social media drama, the more we live in a stressed out anxious state and this very much depletes immunity fast!!

Why not feed your brain more positive information like:

Podcasts,

YouTube videos,

Ted-Talks

Research info on topics you love,

Reading personal development books,

Journal or do gratitude daily.

*This not only helps prime the sub-conscious mind to become better at looking for the positives in life, but it also allows the mind (and especially the monkey mind) to feel like it has a great purpose!

It also sets a great example to our kids as well, because even if we think they aren't listening to what we are, their sub-conscious mind takes it all in anyway!!

Food also plays a huge part in our mindset and mental health.

If we are eating high sugar foods, highly processed foods, simple carbs etc, this actually sends the brain into turmoil!

Brain fog, we can't think straight, we over react to things we wouldn't usually and not only that, it also puts a strain on our bodies functions and immune system overall.

Use whole foods, nourishing foods that feed the brain the right vitamins and minerals to fire on all cylinders. This helps our brain thrive and our mood to be happy & stable, like it should.

Also, Meditation for quieting the mind is a really good way to keep yourself in check and to bring clarity and creation to the brain. Meditation also helps to calm the nervous system, immune system, reduces emotional stress very effectively and overall, makes us feel centred and in control. who doesn't want that!!!

Sidenote: I know meditation isn't always easy, but active meditation is also beneficial.

Active meditation being:

Walks alone, reading, gardening, craft, being creative, even washing up the dishes can be an active meditation.

A great way to uplift your mood and get into a positive state FAST, is to put on your favourite type of music while you do activities around the house or yard. How good is that feeling of bopping along to your favourite tunes to put a smile on your face. Our immune is happy when we are and when the blood is pumping!

Use all of this to create your own daily bliss and daily happiness. The more we are high vibe and in an epic positive state of mind, the better everything else in life flows with ease.



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Reduce Toxins in the Home:

Household Chemicals disrupt our:

Happy hormones,

Suppress our Immune System and Nervous System,

Effect our brain and the way it reacts,

Effects our mood & focus,

Disrupt our female hormones, metabolism, growth, development, tissues, reproductive system and sleep!!!

How crazy is that!

All of this is what's part of our Endocrine system which is our system that regulates loads of the bodies functions, to work optimally!!

Let's look at what toxins might be in our home and where we can improve our household products, not only for immune health but our overall well-being.

Our skin is the biggest organ of our body, yet we put things like sunscreen, makeup, moisturisers, perfume, shampoo, insect repellent etc directly onto our skin and if those products are toxic, it's causing us INSTANT damage. It only taking 26 Seconds for anything you put on your skin to reach your blood stream and cause havoc....scary hey.

But let's also look at the laundry, kitchen and bathroom products. What are we using? Can we pronounce the names of the ingredients on them?

There is an app called "Think Dirty" and that app, as well as a few others like "Yuka" can tell you how toxic or low toxic your household products are....go check it out, you might be just as alarmed as I was.

At the shops, scan a few products on the app and see which ones are lower toxic & better for purchase.

I find it quite interesting that supermarkets need a "Health Isle" in their stores???

If theres a "Health Isle" then what are all of the other products?





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Immunity & Gut Health:

Eating low nutrient foods regularly, too much alcohol, foods that are inflammatory, high sugar or high GI carbs etc ALL impact gut bacteria and gut wall barrier, causing high levels of free radical damage leading to inflammation. This affects our immune system & leads to health conditions or worse, disease!!

The more we support the beneficial gut bacteria, the stronger immunity we will have!

We do this by eating more plants, more fibre, nuts, seeds, fruits, fermented foods, good quality proteins, bone broths & collagen supps and a really good high quality probiotic.

70-80% of the bodies immune cells are found in the gut!!!

That's more than half of our immunity being effected by good gut health.

Our happy hormone, serotonin is made in the gut and it speaks to our happy hormones in our brain through neurotransmitters (via the gut-brain axis), this is why our gut is called our second brain, because they impact each other so much!!

Our focus should be, building & supporting strong gut health by eating nutrient-dense foods, eliminating or reducing the amount of low-quality foods/alcohol, investing in a really good, high quality probiotic and eating those beautiful fermented foods and drinks that feed good bacteria to the gut.

Movement Matters:

We have been told for many years that exercise is important to us for so many aspects of life, but how does exercise impact our immune system?

Depending on the type of exercise we do, will depend on how it impacts immunity and it has been proven that moderate intensity, endurance type exercise is what plays the best part in overall immune responses the most.

Things like, brisk walking, slow jogging, stairs, dancing, weights sessions etc are all moderate intensity.

The talk test will determine if the exercise you are doing is moderate or not!

If you are out of breath, that means it's high intensity. We know high intensity has its benefits for our body as well, but for the purpose of immunity, it won't impact the immune as well as that moderate intensity exercise due to how much it can stress the body & hormones out, especially in women.

So how does exercise impact Immunity? This comes down to helping the body increase its glutathione production. Glutathione is our master antioxidant and detoxifier of our system.

We have many types of antioxidants in our body, but the mother of all, the most important one, is glutathione.

- Antioxidants fight off free radicals/oxidative stress and inflammation. If we have high levels of oxidative stress and inflammation in the body, this plays a huge part in suppressing our immune system. The more we do moderate exercise, the more we are helping to keep the oxidation and inflammation low. Massive win right!!

We also know that exercise makes us feel good. It feeds our happy hormones/endorphins which provides us positive impact on our overall mental state.

20-30 mins minimum per day is what's needed to help keep immunity strong and impact us the most, for long term, quality of life and overall well-being.

Let's. Get. Moving!!



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Supplementation and our Immune System.

Is food really enough?

Using food as our main source of immune defence is of course a great start, the best start infact!

- but is it enough these days to keep our immune strong?

In today's society, the soil is greatly depleted, meaning less nutrients in the food. Sprays and chemicals bombarding the crops is also depleting our food and that then depletes our bodies.....so If we aren't sourcing locally grown, spray free, organic foods or aren't always able to purchase high quality foods, this is where supplementation and can come into play.

The thing is, not all supplements are created equal- many are filled with fillers, artificial ingredients and can be very synthetic with really tiny amounts of the vitamins or minerals you are expecting to be in there. It's quite overwhelming to know where to start!

So if we are going to add supplements into our daily lives for ourselves and our family, we want to make sure they are credible, as pure as possible, scientifically proven and of high quality ingredients.

I personally won't take multi vitamins for various reasons and I do highly recommend that you speak to your health professional or naturopath about what you are and aren't deficient in before you invest in supplementation at all!! (they can be very harmful to you if you are taking a supplement that has specific vitamins or minerals in it that you aren't actually depleted in!!)

I also feel that a lot of us are depleted in things like magnesium, iron, beneficial gut bacteria, vitamin c, collagen and zinc.....but again, I recommend you speak to your health professionals before starting any.

My fav of all though is "Activation"

Which is very different to supplementation!! With activation, you are activating specific biochemical pathways to up-regulate survival genes and processes of the body, and down regulate the harmful ones. It's by far more effective in many ways than supplementation and has a huge positive impact on overall well-being for long term effects.

I have been on a specific "Activation" product for 10 years which has been an extremely effective part of my own healing journey. I will list it below & if you'd like extra info on it, just let me know.

My fav supplements and activation products for overall health are:

Lifevantage: "Activation" Products (use my link for a customer account). Speak to me first to see if these would be suited to you.

Baeli.co: (Janelle15 at checkout) I wholeheartedly trust every single product of hers.

Changing Habits: Probiotic

Better Than Bread: I find her vanilla protein powder my fav go-to

Tropeaka: (Janelle10 at checkout) I like the tropeaka flavoured protein powder as a treat. Plus they have other greens, supps etc

With Love & Nurturing Support

Janelle Emma
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