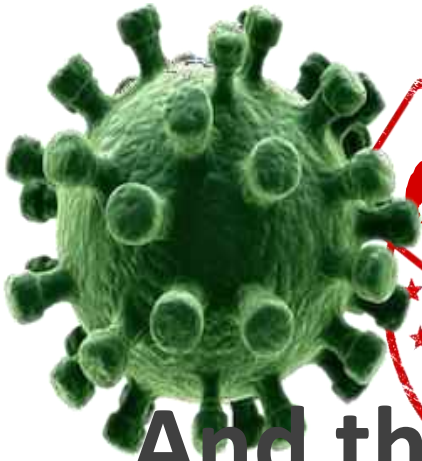


PANDEMIC IS BACK



And this time with a
vengeance

8 WAYS TO BOOST YOUR IMMUNITY

Brought to you by

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IMMUNITY

- ❖ The immune system is designed to fight off sicknesses and viruses. But unfortunately, the immune system can get affected by many things. This prevents our bodies from effectively fighting sickness.
- ❖ Your physical fitness levels alone don't define your immunity, though it does play a major role in building it up.



FOOD



EXERCISE



SLEEP



HABITS

8 WAYS TO BOOST YOUR IMMUNITY



EMOTIONS



BREATHING & MEDITATION



AFFIRMATIONS



PERSPECTIVE

IMMUNITY BOOSTING FOODS

THESE ARE SOME OF THE SUPER FOODS TO BOOST YOUR IMMUNE SYSTEM TO FIGHT CORONA:



GARLIC

2 to 3 cloves a day in raw form once a day



GINGER

Boil 2/3 gm ginger extract in water or tea and have daily



TURMERIC

1 to 2 gm with warm milk daily



ALMONDS

3/4 almonds soaked overnight



CITRUS FRUITS

A glass of orange juice, or fresh lemonade daily



GREEN TEA

2 to 3 cups a day



EXERCISE

Exercise is known to have a profound impact on the normal functioning of the immune system. Any kind of exercise, mobilizes billions of immune cells, that are capable of killing virus-infected cells.



Some exercises you can do indoors:

- ❖ Yoga, Stretching, Climbing stairs, skipping
- ❖ See to it that you get up every 30 min and walk 100 steps inside your house.

If you can go outdoors,

- ❖ Walking, Jogging, Cycling



SLEEPING WELL



Our body has an amazing capacity to heal itself. It's just that we don't give it enough time to do so. A quality sleep can do wonders to our overall health and boost our immunity. It is when we sleep that our body goes in a repair mode and healing of the major organs takes place. A sound sleep not only helps you wake up fresh and energized but also helps you deal with day-to-day issues in a much better way. It calms your mind and reduces stress. Most importantly, it helps rebuild your immunity.

- ❖ Avoid watching TV 30 min before sleep
- ❖ Cultivate habit of reading a book before sleep
- ❖ Take a hot water bath before going to sleep
- ❖ Put on any soft and soothing music
- ❖ Do not carry your day stresses and tensions to bed
- ❖ Keep away from all electronic gadgets
- ❖ Try to meditate for a few minutes before sleeping



GOOD HABITS

Though we live stressful and demanding lives, we can still develop habits that will help us live healthier lives.



Here are some healthy daily habits that can help you boost immunity and fight Corona...

- ❖ Wash hands with soap often during the day
- ❖ Drink warm water as much as possible
- ❖ Maintain good hygiene
- ❖ Have your meals on time
- ❖ Have a balanced diet
- ❖ Meditate regularly

EMOTIONS

FEAR acts as the trigger for the negative spiral of emotions that pulls you down. Fear leads to stress, anxiety, victimhood, anger, regret, guilt and pressing of panic button... which leads to more fear.

This process has an adverse effect on physical well being, and ultimately results in weakening of immune system.



TIPS TO HANDLE EMOTIONS

Here are few tips to handle negative emotions, specially your fears:

- ❖ Be in the **Present Moment**, as fear is mostly about the future events.
- ❖ Be Thankful for all you have in the Present moment, and think that you are the **Blessed one**.
- ❖ Let go of all your past grudges, anger, regrets and guilt. Be **kind and forgiving**. This will help you focus on the Present than on Past.
- ❖ Do whatever you **love doing** with complete attention on that job.
- ❖ Listen to some **enchanting music** or even better hum yourself songs you love singing
- ❖ Shift your **focus from Future to the Present**, with the understanding that future is only in our imagination. What you think may not happen at all.
- ❖ Have **faith in the larger plan** that we all a part of.
- ❖ Bring your attention to your breath every few minutes. **Focus on your breath** will also calm your mind.



BREATHING



Here is a small breathing exercise you can do. This is a part of SKY™ Healing Technique. It takes about a couple of minutes to practice, but will help you come back to the Present moment and remove all stressful / anxious thoughts from the mind.

The breathing has to be in 4C pattern during this exercise, and eyes closed. You can practice this as many times as you wish to. You can do this sitting or lying down.

4C BREATHING

Continuous, Connected, Cyclic and Conscious
(Observing your breath)

- ★ **Step 1:** Take 8 continuous breaths in 4C pattern
- ★ **Step 2:** Breathe 4 cycles of “Four Short Breaths and One Long Breath” when you can hear the sound of your breath
- ★ **Step 3:** Breathe 4 cycles of “Four Short Breaths and One Long Breaths” when you can not hear the sound of your breath. This is called breathing in silence.
- ★ **Step 4:** Go back to normal breathing. Without opening eyes, just observe thoughts come and go in your mind.

MEDITATION



Here are two simple meditations you can practice. These meditations will help you manage your emotions in a better way, calm your mind and bring your focus to the Present moment.

MEDITATION 1: (Time 10-15 min)

- ❖ Sit in a comfortable posture or lie down. Gently close your eyes. Take few deep breaths and focus on your breath.
- ❖ Imagine that with each breath, you inhale positive energies, love and light inside. Each exhale takes away all your toxins, bad feelings, negative energies, stress, anxiety.
- ❖ Keep doing this until you feel completely cleansed, free from stresses and relaxed.

MEDITATION 2: (Time 10-15 min)

- ❖ Sit in a comfortable posture or lie down. Gently close your eyes. Take few deep breaths and focus on your breath.
- ❖ Visualize yourself in any peaceful place of nature. Feel the breeze blowing, the grass under your feet. You breathe and look around this beautiful place.
- ❖ With your mind clear of any other thought, tell yourself.... I am peaceful.

AFFIRMATIONS

Affirmations are positive statements that can help you to overcome limiting or negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes. Affirmations are easy to use and are simply examples of positive self-talk. By changing the way you think over time, you become resistant to unhelpful thinking. And the more positive affirmations you have, the better your life will be.

Here are few affirmations you can use to change your belief systems and negative thought pattern.



- ❖ I AM ALWAYS SAFE AND SECURE
- ❖ I AM DIVINELY GUIDED AND PROTECTED
- ❖ I AM BLESSED BEYOND MY FONDEST DREAMS
- ❖ I AM GRATEFUL FOR ALL THAT I HAVE
- ❖ I AM WORTHY OF LOVING RELATIONSHIPS
- ❖ I AM COMPLETE IN ALL RESPECTS
- ❖ I AM A MAGNET FOR ALL GOOD THINGS IN LIFE
- ❖ TODAY IS THE HAPPIEST DAY OF MY LIFE

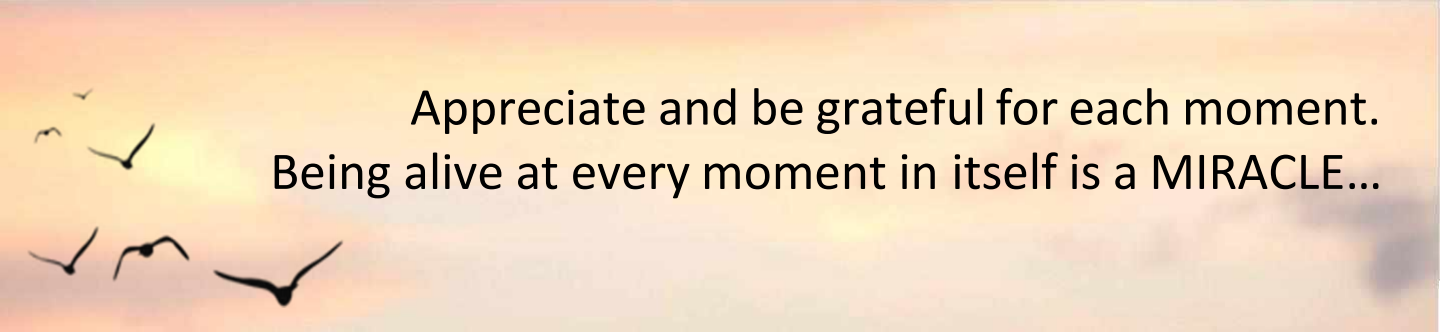


PERSPECTIVE

Perspective has many definitions, such as the ability to understand what is important and what isn't, and the capacity to view things in their true relationship or relative importance. When you change the way you look at things, the things you look at often change. Everything in life happens for a reason. Here are a few suggestions on how to broaden your perspective about challenges of life.

- ➔ Be good in accepting changes. Change is the only constant phenomenon in life. **Accept Change.**
- ➔ Keep moving ahead. Don't let your past baggage of guilt, regret, resentment, anger pull you back. **Let go and Move on.**
- ➔ **Be thankful for all you have.** You are always blessed. Keep your heart filled with Gratitude.
- ➔ Trust the universal process. We are all being guided and protected at every moment. **Have Faith.**
- ➔ Have a higher perspective and understand the larger plan. We are all a part of that bigger plan. **Be Aware.**





Appreciate and be grateful for each moment.
Being alive at every moment in itself is a MIRACLE...

Please Share this as much
as you can.

Stay safe... take care...

It is our responsibility
to
create a better and
healthier world around us.
