

# Acu News

"Habits are cobwebs at first; cables at last." -Chinese Proverb



## 6 Ways to Supercharge Your Immune System



The immune system can get bogged down for a number of reasons, whether it is from being overworked, or chronic allergies, we all are looking for ways to improve our overall health and wellbeing. Below are tips to improve and strengthen immune function to keep the body in its best shape and fight off illness. Much mucus in the lungs (cold inhibits circulation), slowing down digestion and metabolism.

### 1) Lemon and Peppermint oil

Both of these oils have detoxifying and healing properties for the body. Part of a strong immune system is cleansing and ridding the body of toxins. By adding a few drops of lemon oil to your water every day, the oil will help clean the blood and toxic buildup in your body. Peppermint oil is known for its healing properties for headaches, indigestion, and a large variety of stomach ailments. Add peppermint oil or peppermint tea to your daily routine to aid digestion and help reduce cravings of sugary foods.

### 2) Probiotics

Good bacteria, such as probiotics, are necessary for a healthy digestive system and as a result, overall immune function. When you take antibiotics to kill bad bacteria in your body, you are also killing the good bacteria such as Lactobacillus and Bifidobacterium along with it. When this happens, the body can become out of balance and result in chronic stomach pain. Taking a probiotic supplement or drinking liquids with probiotics in it such as kefir and kombucha can help keep your digestive function inline and improve your body's food absorption.

### 3) Reduce Stress

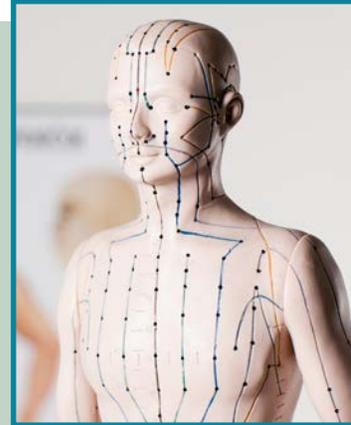
Emotional stress can cause a number of physical problems like insomnia, stomach pain, and headaches. Because of this, the body can become very sick from chronic stress. Ways to reduce stress include exercise, meditation, yoga, and deep breathing exercises.

### 4) Acupuncture

Acupuncture has been shown to increase the white blood cell count in the body and stimulate the immune system. By placing acupuncture needles in specific points of the body, acupuncture works by bringing the body back to balance and increasing blood and energy flow.

### 5) Echinacea

Echinacea is an effective natural herb for preventing illness. The herb has been shown to increase the body's white blood cell count, boosting the immune system. You can find this flowering plant at most stores in liquid or pill form.



### 6) Exercise

Exercise is good for the body and mind in just about every way, one of them being immune health. Moderate exercise promotes circulation and blood flow, which keeps the body's cells moving and working. Try adding just 20 minutes of exercise to your daily routine, whether it is walking, yoga, or jogging.

**Traditional Chinese Medicine offers many unique diagnostic tools and individualized therapies. If you or someone you know is looking for immune-supportive remedies, considering a TCM approach could make all the difference in the world. Don't wait, give us a call today!**

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