



Immune boosting Information – what does your lifestyle say about your physical and mental health?

X = detrimental to the health of this area

√= supports the health of this area

	Immune System	Mental Health	Physical health	Reason
Smoking	X	X	X	Smokers have a much older immune system than non-smokers Smoking increases anxiety and tension Smoking causes chronic lung conditions Smoking increases the risk of Rheumatoid Arthritis, decreases fertility, depletes you of nutrients (smoking is considered an anti-nutrient) Smoking also weakens your bones and accelerates the ageing process
Exercise	√	√	√	Active muscle tissue has excellent immunoregulatory benefits Mood boosting due to the release of Endorphins Supports and strengthens bones and connective tissues Aids restorative sleep Lowers blood pressure Aids cognitive clarity Decreases neurodegenerative decline
Being Sedentary	X	X	X	Thymic decline is linked to physical inactivity and can rapidly accelerate your immunological age. Not moving is also linked to increased probability of Type 2 Diabetes, some cancers and heart disease. Not moving also accelerates the loss of bone-density Being sedentary also raises dementia risk
Stress	X	X	X	Prolonged stress such as the next few weeks/months can have a huge toll on your physical and mental health – there are many physiological symptoms to look out for – check regularly using our checklist.

Relaxation	√	√	√	Relaxation supports the adrenal function which can go into overdrive in times of severe or constant stress. Slowing down and being mindful of the moment has a positive calming and instant effect on your body.
Laughter	√	√	√	Laughter reduces stress hormones and raises heart rate to a similar level of moderate exercise Laughter really can be the best medicine!
Time outdoors	√	√	√	Within guidelines spend time outdoors, preferably in a garden where you can be distanced – vitamin D is essential for physical and mental health and overall wellbeing. Being around nature also naturally lowers blood pressure.
Sleep	√	√	√	Essential – whilst it may be a tough time to sleep well, it's also the time that you need it the most! Poor sleep has many knock-on effects including; elevated stress levels, depleted immunity, increased hunger hormones and low mood.

For more information about the immune system and in particular your immunological age please take a look at my blog on this subject in the blog section.