

# **Are You Running on Empty? Top 20 Steps To Boost Your Immune System and Get the Energy Back You Had Years Ago**

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Running on empty simply means not having the energy you had years ago to do the things that you love. No matter what obstacles are in front of you, unless you chose to live a healthier lifestyle, nothing else will matter because you will not have the energy to do it anyway.

Nowadays because of the economy so many people are running on empty. They are stressed out and frustrated which will play a major role in weakening their immune system. When it comes to boosting your immune system and getting the energy back you had years ago, it is really about moving on a path to wellness.

The immune system is a highly complex defense mechanism that helps us to fight infections. It does this by indentifying foreign invaders and mobilizing the body's white blood cells to fight them. The immune system is not so complex that we can't understand it. Most people either have a "weak" or "strong" immune system. For people who have a weak system, it will be easier for them to catch illnesses than those who have a strong immune system.

In order to build a strong immune system you must be committed and dedicated. This means putting yourself first and doing what's best for you. They tell you if you are ever on a plane and the oxygen masks falls down to put the mask on yourself first before you put it on anyone else --because unless you can breathe --you cannot help others. The same is true in life. Unless you take care of yourself by boosting your immune system, then you will not have the energy to take care of the people in your life that you love and care for.

## **Should You Take A Vitamin Supplement to Boost Your Immune System?**

The best vitamin is what you are putting in your grocery cart. Good nutrition starts by serving a wide variety of whole, fresh foods as much as possible. The most high-vitamin foods of all are fresh fruits and vegetables.

But who really needs a vitamin supplement? The majority of people who should be taking a vitamin supplements are people who are eating poor diets, pregnant women and senior citizens. Basically the only time you should be taking a vitamin supplement is when you are not receiving all your necessary nutrients and minerals in your food. If you are cooking your food then you are cooking away all the essential vitamins and minerals needed for energy and you will need to take vitamin supplements.

Pediatricians may recommend a daily multivitamin or mineral supplement for: 1) Kids who aren't eating regular, well-balanced meals made from fresh, whole foods, 2) Finicky eaters who simply aren't eating enough, 3) Kids with chronic medical conditions such as asthma or digestive problems, 4) Kids taking medications which can rob their bodies of nutrients and enzymes, 5) Active kids who play physically demanding sports, 6) Kids eating a lot of fast-food meals, convenience foods, and processed foods, 7) Kids on a vegetarian diet that might need an iron supplement, 8) Kids on a dairy-free diet that might require them to take a calcium supplement or eat foods containing calcium, 9) Kids on other restricted diets, and 10) Kids who drink a lot of carbonated sodas, which can leach vitamins and minerals from their bodies.

To give families more vitamins, aim for more variety not simply more food. And make sure you are giving your kids kid-sized food portions, which are one-quarter to one-third the size of adult portions. You can spread the variety of foods into several small meals and snacks throughout the day. If your child won't eat a particular food for a few days like vegetables don't worry about it. Just reintroduce those foods again in a day or two, perhaps prepared in a different way. When a kid goes on a food strike it usually ends by themselves.

If you know that you fall in the category of needing a vitamin supplement, remember to buy your vitamins from health food stores because other vitamins contain dead chemicals which can cause more harm than good.

### **Top 20 Steps to Boost Your Immune System Includes:**

1. **Detoxify Your Organs:** To keep your body in balance and to keep toxins and parasites out of your body, there are 3 organs in your body that needs to be cleaned out at least twice a year in order to continue to have a strong immune system: 1) your intestines, 2) your liver and 3) your kidneys. You can find a good “detox program” from a local health food store.
2. **Avoid Processed Foods:** Processed foods are foods that can impair the immune system such as artificial sweeteners, carbonated soft drinks, chocolate, eggs, fried foods, junk foods, pork, red meat, sugar, white flour products, foods containing preservatives or heavy spices, and chips and similar snack foods. Many processed foods causes food allergies and adverse food reactions that can place stress on the immune system so try to figure out which foods you need to eliminate from your diet. Mucus-producing foods can play havoc on your immune system by causing inflammation and swelling so eliminate these foods: 1) chocolate, 2) eggs, 3) dairy products, and 4) fried foods from your diet as soon as possible.
3. **Fast:** Over time, toxins build up in the body and weaken your immune system as the result of the pollutants in the air we breathe, the chemicals in the food and water we consume. It is recommended that you fast at least 3 days a month, and follow a 10-day fast at least twice a year.

4. **Antioxidants (Vitamin C & E):** Experts say a diet rich in fruits and vegetables can help you ward off infections like colds and flu. That's because these super foods contain immune-boosting antioxidants which are vitamins, minerals, and other nutrients that protect and repair cells from damage caused by free radicals. Free radicals can also interfere with your immune system. The three major antioxidant vitamins are beta-carotene, vitamin C, and vitamin E. You'll find them in colorful fruits and vegetables especially those with purple, blue, red, orange, and yellow hues. To get the biggest benefits of antioxidants, eat these foods raw or lightly steamed; don't overcook or boil. If you are not getting enough antioxidants in your diet then you can take a Vitamin C supplement which is the single most important supplement you can take. Vitamin C with Bioflavonoids can be found in berries, broccoli, brussels sprouts, cantaloupe, cauliflower, grapefruit, honeydew, kale, kiwi, mangoes, nectarines, orange, papaya, red, green or yellow peppers, snow peas, sweet potato, strawberries, and tomatoes. Vitamin E is key for strong immunity and healthy skin and eyes. They contain substances that protect cells from damage. Most people get enough vitamin E from food but good sources of vitamin E include vegetable oils, green leafy vegetables, like spinach, nuts, and other foods.
5. **Vitamin B:** B vitamins are basic for immune function and healing. Being low in some of the B-vitamins especially B-12 can result in fatigue, weakness, and memory loss. Foods rich in folic acid (folate) and B12 appear to help prevent disorders of the central nervous system such as mood disorders and dementias. Your mental state can suppress your immune system. So keep a positive mind and take these vitamins and eat foods rich in Vitamin B12 and folic acid (folate) such as meats, fish, poultry, etc.
6. **Vitamin D:** Once thought being in the sun 15 to 30 minutes a day was great to help absorb vitamin D but experts are now saying that people need more than just the sunlight. Four recent studies showed an association between low serum levels of vitamin D and higher incidences of four mood disorders such as: 1) PMS, 2) seasonal affective disorder, 3) non-specified mood disorder, and 4) major depressive disorder. Vitamin D can be found in foods such as fatty fish such as salmon, tuna, and mackerel, etc.
7. **Zinc:** Taking a zinc supplement or eating foods containing zinc will not only boost your immune system but it will also boost the healing of wounds by helping you recover sooner. Zinc is found in oysters, beans, nuts, seafood, whole grains, etc.
8. **Ginkgo Biloba:** Ginkgo biloba has been used for thousands of years in traditional Chinese medicine. Ginkgo has properties that may help treat certain conditions as: 1) Improving the blood flow in the brain and elsewhere in the body, 2) Reducing inflammation, 3) Act as an antioxidant to fight cell damage, and 4) Improving memory in people with memory impairment.

9. **Ginseng:** Ginseng is used throughout the Far East as a general tonic to combat weakness and give extra energy. It is also known as one of the most powerful herbs to help boost your immune system.
10. **Omega 3:** According to the American Heart Association, those looking to protect their hearts should eat a variety of types of fatty fish (such as salmon, tuna, mackerel, etc.) at least twice a week. If you can't get omega-3 in your diet then take 2 tablespoon a day of Flax Oil with Omega 3 or Omega 3 capsules.
11. **Garlic:** Garlic is one of the most valuable foods on this planet. Garlic is a healing herb with an immune system stimulant, natural antibiotic and contain antioxidant that destroys bacteria. This herb should be part of your daily diet.
12. **Ginger:** Ginger boost immune system, stops nausea, suppresses appetite and increase metabolism. It is recommended when people become nauseated when they are suffering from cancer and when you detox and become nauseated. This herb should be part of your daily diet.
13. **Pineapple & Papaya:** Pineapples and Papaya contains Bromelain a natural anti-inflammatory and when eaten on an empty stomach it keeps down inflammation and swelling especially if you receive any type of injury or if you eat foods that cause some type of allergic reaction.
14. **Green Tea:** Green tea contains compounds known as polyphenols, including phytochemicals that have antioxidant, antibacterial, antiviral, and health-enhancing properties. Green tea is simply the dried leaves of the tea plant and acts as a weight loss supplement and regulates your blood sugar and insulin levels.
15. **Eat Hot Spices:** To boost your immune system make sure you are adding hot spices daily such as hot mustard, garlic, onions, cayenne peppers, red and green peppers. The older you get the more you will lose your taste buds. Not only will these hot foods help you boost your immune system but they are also good for helping you boost your metabolism.
16. **Stay Away from Meat:** The goal is after consuming your food for it to pass through your body and the body will take what it needs as enzymes or nutrients. But meat stays in your body for up to 3 days causing a build-up of unwanted toxins so cut down on your consumption of meat and make sure you are eating the right kind of meat.
17. **Tap on Your Thymus Gland:** The thymus, a small gland located behind the top of the breast-bone, is a major gland of the immune system. Make it your goal to tap on this gland throughout the day so that it will continue to activate your immune system.

18. **Wash Your Hands:** Wash your hands throughout the day but be careful using alcohol wipes and antibacterial soaps which has ingredients that can actually allow illnesses to enter your body.

19. **Exercise:** Sitting around not only can leave you feeling sluggish, it also can make your immune system sluggish. Exercise, on the other hand, helps boost immunity. Even fast walking – getting your heart rate up for 20 minutes three times a week is associated with increased immune function. Also, exercise is associated with the release of endorphins which are natural hormones that affect the brain in positive ways. They ease pain and promote a sense of relaxation and well-being - all of which can help you sleep better, which in turn improve immunity.

20. **Get Enough Sleep:** Regular bouts with insomnia may not only leave you feeling fatigued during the day, but also leaves you vulnerable to illnesses, including colds, flu, and other infections. The body uses sleep as a means of healing itself so get plenty of rest by going to sleep the same time every night.

Remember boosting your immune system will give you the energy you had years ago because you will not be side-tracked by illnesses.

Getting back to nature and learning to eat from the land (nuts, berries, fruits and vegetables) and sea (salmon, mackerel, sardines, tuna, etc.) will be key in boosting your immune system and moving forward and living a productive and energetic life.

Also read “*Top 12 Steps To Become Healthier Over the Next 30 Days*” (<http://howtotakecontrol.com/series3.html>) and “*Top Steps to a Top Notch Immune System*” ([http://www.naturalnews.com/025114\\_immune\\_system\\_bacteria\\_health.html](http://www.naturalnews.com/025114_immune_system_bacteria_health.html)).

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