

Strengthen your Immunity by Eliminating Possible Causes



Stress

Physiological, psychological and emotional stress can contribute to a weakened immune system. If you are having difficulty controlling your stress levels, then check out these [Tips to help avoid stress](#).



Lack of Exercise

Lack of exercise (or too much if you are overtraining) can be detrimental to your immune system. If it is lack of exercise, begin with a daily 20 minute walk and/or this [Easy Stretch Routine](#) to help make exercise a part of your day.

Lack of Sleep

Lack of sleep, rest and relaxation can disrupt your immune system, so it is important to ensure you are getting adequate sleep. Having trouble falling to sleep, then check out these [Sleep Enhancing Tips](#).



Poor Diet

Diet low in fresh fruit, vegetables and lean protein sources can contribute to a weakened immune system. So getting plenty of fresh fruit and vegetables is important. Check out this article on [Nutritional Recommendations](#) to help you make better choices.

Environmental

Exposure to pollution, cigarette smoke and/or extreme cold weather isn't good for your immune system. Check out this article on [Tips for a Healthier Environment](#) to help you become more aware of how the environment is affecting your immune system.



For a tailor-made immune supporting program contact Terrie

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