

3 tips to boost your immune system using Psycho-neuro-immunology

- Are you fed-up being held ransom by the Corona Virus?
- Do you want your freedom back and live without fear?
- Would you like to have a tool that boost your immune system right now?

The more you and your friends have a strong immune system, the sooner we can get our freedom back. And the more you will be able to handle future viral and bacterial infections. This article is about what can you do to increase your chances of staying healthy? Please share this with your friends and family members.

What is Psycho-neuro-immunology?

Psychoneuroimmunology is the science of how the mind affects our immune system. It is now a known fact that our stress levels, directly impact on our immune system. Dr Candice Pert, author of “Molecules of Emotion” and Dr Bruce Lipton, author of the book “Biology of Belief” explain how emotions create neuropeptides, which trigger reactions in our cells. Stress forming emotions, weaken the cells. This is how emotions directly affect the health of our cells and our body as a whole. The healthier we are, the bigger the chance that we can overcome our symptoms.

Dr Bruce Lipton also teaches how our subconscious beliefs operate our life 95% of the time. Our subconscious stories we tell ourselves about ourselves and our lives (Our beliefs), trigger our emotions and so affect our stress levels. If we feel powerless, our stress levels go up.

Dr Lipton also teaches that our body has two defence mechanisms.

1. Defence mechanism that fights internal threats from diseases, including viral infections. This is our immune system.
2. Defence mechanism that fights external threats.

Why does stress weaken our immune system?

Stress weakens our immune system. Why? Most stress is caused by external situations. Our body perceives it as an external threat. Our body mobilises itself for fight, flight, or freeze. It directs blood to the arms and legs, in preparation to fight or flight. Our immune system, which keeps us safe from internal threats, uses a lot of energy. Defending ourselves from external threats preference over dealing with internal threats. To ensure that we have enough energy to fight or run away, the immune system is shut down. If we want to ensure our immune system functions well, it is vital that we reduce our stress levels.

How can you reduce our stress?

You can create a health-mindset and strengthen your immune system by reducing your stress levels. You can do that by:

1. Staying out of survival mode

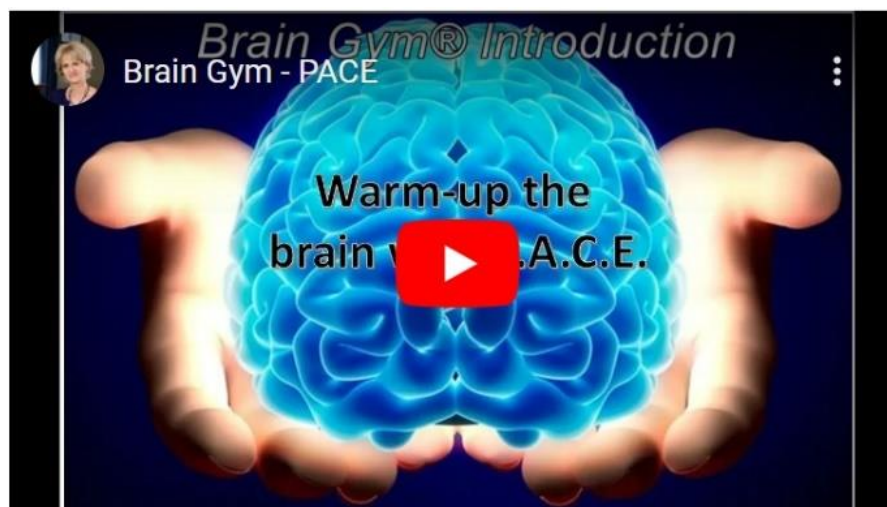
2. Making sure you sleep enough
3. Changing your subconscious thoughts by:
 - a) Releasing many stress-forming emotions and beliefs
 - b) Replacing them with uplifting emotions and beliefs
 - c) By teaching the subconscious mind and body to be in harmony with its environment.

1. Reducing stress levels by staying out of survival mode

As explained earlier, when we are stressed, our body goes into survival mode. Blood is moved away from the digestive system and non-essential brain functioning. It is directed to the arms and legs to fight, flight or freeze.

This means that our ability to put things into perspective and solve problems is severely compromised. We tend to see things as threat because we are now hyper vigilant. This perpetuates our high stress levels, which in turn compromises our immune system.

We can pull ourselves out of survival mode and prevent getting stuck in it. We can do it with four simple Brain Gym® exercises call PACE. They are part of my daily routine and they work really well.



2. Make Sure You Sleep Enough

Our body restores itself during sleep and rest. Many of my clients became ill because they only give themselves permission to rest and sleep, when they are sick. If we want to decrease the chances of getting ill, it is vital that we give ourselves permission to rest when we are tired. Society has taught us:

- We can only create success by working very hard.
- We must push through our tiredness.

I suggest that when you are tired, rather take a short break and even have a short nap, before continuing. Productivity goes up and the immune system becomes stronger.

It is also important that we go to bed in time and sleep enough. Most people need between 6-8 hours of sleep. If you struggle to sleep, it helps to create a bedtime routine. This routine can include, but is not limited to the following::

1. Have a blue light filter on your devices. The blue light gives your brain the message it is day-time.
2. Write down the things you want to do the next day. Get them out of your head onto paper, so don't start thinking about these things as soon as your head hits the pillow. Keep a pen and paper next to your bed, in case you remember more things.
3. Do the PACE Brain Gym exercises before you go to bed.
4. Stretch your muscles, especially your calves and hamstrings. When we are stressed, our muscles shorten. By lengthening our muscles to a relaxed state, we tell our subconscious that we are relaxed. We can now fall asleep easier.

3. Change Your Subconscious Beliefs

Beliefs are the stories we tell ourselves about ourselves and our lives. Our Subconscious is constantly evaluating the information that comes in through our senses. It filters this information, based on our subconscious beliefs. If we filter the incoming information with fear-based beliefs, our stress levels go up. They also create fear-based emotions. It creates dis-ease which can develop into disease.

For example, a common fear-based belief is "I am not good enough". We will now see everything through the glasses of not being good enough. We must perfect to be acceptable. Making mistakes is disastrous. We are now hypervigilant to make sure we don't make mistakes. If we do make one, we dwell on it for a long time. We feel shame, unworthy and guilt for making mistakes. This pattern is stressful and harmful. According to Viana Stybal, developer of Theta Healing™, feeling guilty and unworthy makes us more prone to getting ill from viral and bacterial infections.

Our stress levels drop, and our immune system is boosted, when we release the fear-based beliefs and emotions. We cannot just use our will power to change our beliefs. But we can use repetition and subliminal messages to do that job. We have created specialised Immune Booster Affirmations. (Affirmations you can play with our App) that addresses all these issues.

There are several Apps with affirmations on the market. Some of them also claim to boost your immune system. What makes our unique?

| Regular affirmations | Our Specialised Apphirmations |
|--|---|
| Regular affirmations are uplifting statements that we repeat to ourselves. If they clash with our beliefs, we don't accept them. | Our Apphirmations remove many fear-based limiting beliefs, before putting in uplifting statements. This prevents that we reject the Apphirmations |
| Regular affirmations speak to the mind only | Our Apphirmations speak to the body, mind, and spirit. They use Spirit to create changes in the body and mind |
| Regular affirmations say one affirmation directly after the other | Our Apphirmations are recorded with a special technique, which includes silent gaps. This ensures optimal absorption. |

You can access our **Immune Booster Apphirmations for free for 14 days with our 14-day Trial Apphirmations**. Just watch this short video on how to access the Immune Booster Apphirmations.



[**Register Now for Free Immune Booster Apphirmations Now!**](#)

Testimonials

Here is what some people had to say after using the Free Immune Booster Affirmations

*The beginning of March, I had all the Covid-19 symptoms, cough, runny stomach, trouble breathing and a high temperature. I wasn't tested for Covid-19, because tests were not readily available and still very expensive. I was sent home with an antibiotic; in case it was something else. my condition did not improve for three days. I planned to go to the hospital on day four, if I didn't improve overnight. I started listening to the immune Booster Affirmations on the end of day three. By the morning of day four, I was feeling significantly better, so I didn't go to hospital. Within 3 days I was symptom free and I am still is symptom free." **Emile Saad***

*"I am Emile's wife and I had a headache and my whole body was aching. Normally when I have symptoms this severe, I end up going to the doctor. I started listening to the Immune Booster Affirmations, together with my husband. Within a few days, I recovered completely without any medical assistance. This had never happened to me before!" **Candice Saad-Huntley***

*"My husband Trevor and I had been in contact with Emile and Candice a number of times. To keep us healthy, we also started listening to the Immune Booster Affirmations. To this day, we never developed any symptoms." **Christina Huntley***

*"I was not feeling well. I had flu like symptoms. I had to chair an important meeting the next day and I was afraid that I would miss the meeting, because I was feeling terrible. I started listening to the Immune Booster Affirmations and within 24 Ifelt so much better. And I manage to chair the meeting perfectly. I did not develop any flu symptoms after that." **Serisha Moodley***

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*"The Immune Booster Affirmations assisted me with relieving my flu symptoms from the first day of using the App. After just 3 hours of sleep and the app playing in the background, I could already feel that my sinuses and chest were not so tight. After 3 full days of using the app I was back to normal and I didn't need to take antibiotics." **Samantha van Zyl***

*"I came to work with a runny nose and I could feel I was getting ill. At work I started listening to the Immune Booster Affirmations. The next day I was feeling 100%. I have not developed any more symptoms." **Maryna Fouche***

"My friend's friend in India had lost his smell and had a slight temperature. He tested positive for Covid-19. He was panicking. That night I told him to start listening to the Immune Booster Affirmations and play them continuously. The next day he was much calmer, his temperature returned back to normal, and he did not develop any other symptoms. Three days later his smell is starting to return.

But then he made a turn for the worst. The next day he started to cough and was panicking again. They contacted me and we put him on the advanced Immune Booster Apphirmations. Within 24 hours the cough stopped and his smell is almost back to normal.” **Kishor Chandra**

“I had a headache because I wasn’t sleeping well. Normally if I continued not sleeping well, I would get a cold. I listened to the Immune Booster Apphirmations and even though the next night I slept again only 3-4 hours, I was amazed at how refreshed I felt and without a headache!” **Hanna Kok**

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