



HOW TO KEEP YOUR IMMUNE SYSTEM STRONG

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Acupuncture care is an excellent choice for those who want help with autoimmune disorders, as well as for those who simply want to keep their immune system strong.

The term 'immune system' is popularly used to refer to how well one's body resists disease, or heals after a traumatic event. Researchers today know that most diseases begin with inflammation that gets out of hand. But what came before, that allowed the inflammatory process to go haywire? The answer is: a weak immune system.

Acupuncture, by gently urging the body toward its most efficient function, strengthens the body's ability to deal with outside attackers like viruses, as well as the effects of inner turmoil like sorrow, anger, or anxiety. There are special points that promote calm, improve sleep, ease decision-making, support healthy grieving, and so on. There are also sets of points that 'chase out' invaders.

Similarly, there are herbal combinations specifically designed to strengthen the immune system per se, and others designed to address particular aspects of the system or the signs of breakdown.

So when would one use acupuncture, herbs or enzymes to help one's immune system? Since this is one of the major functions of acupuncture, I'd have to say "Anytime!" But to be more specific:

- People who are well most of the time, even when under stress, have strong immune systems—they can use acupuncture care periodically to maintain their good health.
- People who catch a lot of colds, have recurrent infections, suffer inflammatory processes that refuse to 'get well' despite efforts to live in a healthy way, need to improve their immune system strength. Use acupuncture regularly until symptoms diminish, then use it for health maintenance. Consider using herbs periodically to prepare for tough seasons—for example, people who tend to get respiratory infections in Winter might use immune-strengthening herbs in the Fall.
- Those who have been diagnosed with an autoimmune disorder, from allergies to lupus, from psoriasis to MS, have a strong reason to try to bring their bodies back into balance--that dynamic region in which one's body works most efficiently and with fewest discomforts—and again, acupuncture, herbs, and enzymes, can help. The goal here is control, even remission, so that the person can live as normally as possible within their necessary limitations.

So--if you are concerned about the health of your immune system, consult an acupuncturist for guidance. This simple step could make a BIG difference in your life!