

# BOOST YOUR IMMUNE SYSTEM

Yoga is one of the most effective ways to regulate and boost immunity, and we know that it helps to reduce stress, increase blood flow, and improve digestion. In every class you will be doing great things for your immune system...but we can also help it through right food, exercise, associations etc. Here are a few ideas to help you, as well as doing your asana practice:

1. **PRANAYAMA** - increases the intake of oxygen to the blood and improves the efficiency of the lungs, helping to build resistance to infection. Alternate nostril breathing ([Nadi Sodhana](#)), and breath of fire ([Kapalabhati](#)) both really help bring more oxygen into the body...and create a little fire in the belly!
2. **INVERSIONS** - any posture where you turn yourself upside down helps the flow in the body and especially the lymphatic system. The lymphatic system filters toxins from the blood and transports immune cells throughout the body to fight off infection. Legs up the wall, wide legged forward bend, shoulder stand, downward facing dog....anything you fancy doing to look at your upside down world.
3. **MEDITATION** - there is some evidence out there that meditation builds antibodies. But if the only thing you do each day is a ten minute mediation on the breath you will feel so much better for it. There are several [meditations on my website](#) to help get you started. Good antibodies help fight against invading viruses and bacteria.
4. **WALKING OUTDOORS** - whenever you can get outdoors...even practice yoga outdoors. Even in winter it can really make you feel so invigorated. We need Vitamin D...so take a walk in the sunshine...if we are deficient in Vit D it can lower our immune system. If you need a reason to take a walk invite a friend for a walk, chat, cake...or borrow someones dog!
5. **Spice in Your Life** - herbs and spices are known to help stimulate blood flow and some (cardamom, ginger, cumin, turmeric, and cinnamon) really aid digestion. Sprinkle on your vegetables, add to your porridge; or make a tea, to help keep the digestive system active and healthy throughout the winter.
6. **LET'S TWIST** - as you know I am really fond of twists as they not help the spine but also improve digestion - getting rid of toxins that may build up in the digestive tract. They really get into the kidney and liver areas too. You can do the lying twist we do most weeks, sitting twist (one leg over the other ([Ardha Matsyendrasana](#)) or sitting on a chair sideways and holding the back of the chair - if legs are to the right twist to the right.
7. **Clear out the sinuses** - Nasal cleansing ([Jala Neti](#)) is a wonderful simple practice to relieve congestion and irritation from dry nasal passages. I often use a single drop-off tea tree essential oil in the water, especially in winter. If you would like me to teach you this practice please to ask.