

Universal Health Institute

Boost Your Immune System

“Build Your Castle Wall”

Boosting your immune system involves strengthening your body’s innate ability to fight off disease. If your immune system is not satisfactory, you may have to repair or rebuild your *Castle Wall*.

Top Two Questions to Ask to Help You Repair or Build Your Immune System - Your Castle Wall:

1. Do you know where you have a weakness at your castle wall? Is your weakness Chemical? In your psyche? Structural?

2. Did you choose a doctor who cares enough to find the weakness, and help you repair or rebuild your Castle Wall?

The six most common weaknesses at the Castle Wall:

Chemical:

Unstable Blood Sugar Levels.

Eating concentrated sugars, like sweets or candy bars, will bring your immune system function down. A stable blood sugar is like the mortar of the Castle Wall.

Poor Gut Health.

Antibiotic use or intestinal infection (including the flu and food poisoning) lead to causing you poor immune function. Proper microorganisms in the intestines are like the foot soldiers who guard a Castle Wall.

In the Psyche:

Lack of Rest.

Sleeping with the aid of pills or alcohol – *or during times of stress* – provides fitful sleep; that limits your immune system’s ability to fight.

Your life is the awake-time “test” and the asleep-time “rest”. In equal measure, your immune system has unlimited potential to fight for your life. Rest is like oxygen for your immune system foot soldiers.

Extreme Emotions.

Extreme depressive or manic states deplete the immune system strength.

Gratitude, understanding and temperance build the muscles of your foot soldiers, improving immune system force.

Structural:

Bad Posture.

Bad posture robs your body of energy, harming tissues and making your normal body function inefficient - distracting your immune system towards unnecessary alarm.

Good posture is the framework for efficiency of your foot soldiers at the Castle Wall.

Poor Circulation.

Poor circulation stops the normal flushing of your body’s fluids and decreases the capacity for your immune system to take on challenges.

Good circulation is like water for your immune system foot soldiers at the Castle Wall.

You can repair, rebuild and maintain your Castle Wall, and feel great again:

Strong. Fearless. Energetic. Ready for what’s next!



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