

# Strengthen your immune system

Life is easier with a strong immune system

The wisdom of the  
body is a marvel

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## **A couple of forewords**

For a tree with deep healthy roots, many weather influences are not an issue; it withstands many winds and storms. In order for its roots to become strong and stay strong, many conditions and influences are required. Or take the example of bamboo, which moves smoothly with the winds and can withstand the strongest winds; Here, too, the appropriate conditions are necessary so that the bamboo can do this.

This should be an analogy to our immune system. Our evolution is several million years old and has formed a defense system during this time, which can withstand innumerable external influences; if you let it.

For many years now, modern Homo Sapiens have developed a body system with a wisdom that enables us to be optimally healthy in this world, to stay healthy and to live healthy as long as possible. If we allow our body wisdom to do its work undisturbed and if we observe various conditions.

A well-known doctor in the Middle Ages said that the doctor should distract the patient so that the body heals by itself. If this were still implemented today, our health system would have a major challenge: The expert in healing would be the patient's body and not conventional medicine. I'm not talking about emergency medicine and accidents now; there are of course limits to the healing of the body and if an external influence is too strong, the body will not be able to compensate for this. Health in itself is very thin ice.

The following serves as an impressive example: After the First World War, the Spanish flu raged, which killed millions of people. Today it is known that this could only happen because the people were so weakened by the First World War that the natural defense no longer worked. One of the findings derived from this is that the general social conditions must exist so that an individual can stay healthy. In a sick environment, health is difficult.

This writing is an attempt to show the conditions for a functioning immune system and from a holistic point of view. Since I'm sure that I don't know everything, there are definitely other sensible measures and what is right for one is not useful for the other. Our body is in constant change, striving to be in harmony and to function perfectly; we can contribute a lot here.

**May all beings be healthy and happy**

## Individual measures

At the end of the text, I have made a few recommendations that will enable a deeper understanding if necessary.

### **Sleep:**

In modern Western society, sleep is something that is often underestimated; it even became "cool" to get by with little sleep. We sleep far less today than before, but our mind-body system is still the same as it was thousands of years ago. Many physical and psychological processes take place during sleep and if one does not sleep well or too little, this soon has an impact on our immune system as well as on our mood. We must all know what it is like if we have had a bad night's sleep; the experience of the next day will change sub optimally. The wish is that we wake up fresh and rested in the morning and look forward to the day with joy.

### **Hygiene:**

At the beginning of the 20th century, especially in the western world (especially in the cities), the hygienic conditions were massively improved. But that doesn't mean that some dirt already weakens the immune system. We need contact with nature and thus with natural soil and dirt. When the Wall came down in Germany, conventional medicine in western Germany expected many sick children from the east. But that didn't happen; the children from East Germany often played in the dirt, which, however, strengthened their immune system. Regular personal hygiene and, above all, regular hand washing help to stay healthy. In Switzerland the environment is very clean, and it is in the Swiss nature to clean a lot. We have to know that if we clean the environment too much with chemical agents, this in turn weakens our system. In the USA there are around 100,000 chemical substances that affect our body; Substances that our evolution did not integrate into their development and weaken our system.

There are innumerable germs in and on our body that we need; in an adult person up to 1.5 kilograms of his body weight. In the intestine (microbiome) alone there are many billions of bacteria that provide essential services for us.

It is clear that natural products should be used for washing and cleaning, which are also fully degradable and do not harm our body or our environment.

### **Nutrition:**

In this area you can get lost in the details and confusion ensues; I try to keep it short and clear.

Basically, food with life force should be consumed primarily (organic food) and not food for only nourishment; The difference lies in the name - there is still life in organic food, while the food that only nourishes only gives the impression of life and weaken our body more and more. In German language exists a clear difference (Lebensmittel versus Nahrungsmittel) Organic Food means natural foods, i.e. organic and nothing but organic. The industrialized foods so popular today may taste good in the mouth; they only cause damage to the body in the long term. In this context it also makes sense to switch from "fast food" to "slow food"; to take time to cook and eat and digest.

Perhaps that would help the always “pressed” citizen to become a little more relaxed. If you also eat in good company and with joy, you are taking a big step towards health.

On this occasion it is appropriate to remark that whoever experiences joy in general life (even in small things), maintains his own strength and does a lot of good for his own immune system. In Buddhism there are many ways in which the experience of one's own joy is increased to a real bonfire until all petty disturbances in the mind “burn up”; exciting.

Now back to nutrition: In winter it is good if we increase our defenses with strength soups, for example. I still remember my childhood; Back then, our mother often cooked soups that had been on the “fire” for a long time, or the Bolognese sauce she let simmer slowly for over two hours. In China, power soups are still cooked, which are heated for many hours (sometimes over 24 hours) and thus store a lot of warming energy.

The regional nature in which each of us lives usually allows what is good for us, what keeps us healthy and what we can best utilize to grow. A large retailer in Switzerland has been using this principle for a sales slogan for a few years: “From the region for the region” and that fits very well. In addition to the appropriate food, it is also good for the regional economy in which we live. If we eat a lot of oranges in winter, for example, which grow in hot regions, then this cools our body temperature, which is good in hot regions, but not in cold weather. Of course, they provide vitamin C, but that's not all; the temperature of the food has more of an effect than we realize. Many eat yoghurt and cold salads in winter with the idea of losing weight, but they feel permanently “cold” and yes, yoghurt and salads cool the body down. So, to stay healthy and warm in winter, root vegetables and warming slow preparation methods support us as food. Warm soups of all kinds also support our body a lot in the cold season.

It is of course nice when we have such a rich variety of food available in our shops; Such wealth was otherwise only available to kings. But it is good to know what affects our body system and how. Because the foods all have a specific effect, in terms of temperature as well as the sphere of activity. Pepper has a hot effect and cow's milk cold; millet has an effect on the earth element and thus on digestion and vinegar has an effect on the wood element and thus on the liver. This is still used in great detail in the five-element kitchen today.

The principle of naturalness is also given with the drinks; the best is natural water. I see more and more people drinking warm water, which is the best way to keep your body hydrated. The “trendy”, sweet drinks that are highly praised in advertising seem to taste good in the mouth, but they add a lot of substances to our body that it simply does not know and thus shifts into the connective tissue; the body becomes fuller as a result.

We can consciously use this temperature effect; For example, if you notice that a cold is looming, you eat a warming and heating soup and it is therefore very possible that the cold will dissolve as soon as you approach it. If you feel a bit cool inside and shiver, you can prepare a ginger tea with honey, for example, this immediately brings warmth to the body.

Fasting cures have a very good effect on our immune system in terms of nutrition. In our hectic life, intermittent fasting is ideal; that means you don't eat anything for 16 hours. It's easiest if you don't eat anything after 4:00 p.m. and it is then exciting to watch what happens. Doing this maybe twice a week will boost your immune system. Why that? In our evolution we did not have a full supply for hundreds of thousands of years and it was natural that there were periods of less eating. This boosts the activity and energy of our system. Everything that has accumulated in the intestine is also eliminated. Who still knows that the stomach grows properly? This only happens from a certain time without anything in the stomach and is very good for our intestines.

If all else fails and we cannot eat optimally or the times dictate it (constant stress or high-performance requirements), then food supplements are certainly useful. The market is full of countless "remedies" that we should take so that we can get and stay healthy. The clever marketing also makes us believe that we cannot live without this or that. What is to be made of it? Well, the answer is clear. But in special phases it can certainly be very useful to use additional products as a supplement.

I would always use remedies here that were made as naturally as possible. In winter it can make sense to get additional vitamin D, especially when we are not in the sun much. In order to produce enough vitamin D in the body, it is sufficient if the forearms and face are exposed to the sun for approx. 15-20 minutes.

After a certain age, the digestive power of the body decreases, and it is no longer able to optimally split food. Therefore, a combination preparation with many vital substances can also have a supporting effect.

What needs to be named meaningfully in this context are the adaptogens; Foods that have a high density of vital substances and that are taken regularly can be very useful in challenging times. There are around 25 different plants around the world, which are known as adaptogens, from a set of perhaps 50,000 plants used. Maca, Aronia, turmeric and also Ashwagandha are well known. It goes without saying that we only use products from natural sources.

My diet, which, from experience, works best for my body system, is the base-acid diet combined with a variety of foods. In addition, now and then intermittent fasting and such a slight feeling of "I could eat something now". I keep this way of nourishing myself about 80 percent and in the remaining 20 percent I let my cravings run free.

### **Purification:**

Our modern life constantly confronts our body with many substances that it cannot handle and that get stuck in our body. The chemical industry can be found in many areas of our life, be it in the area of personal hygiene or the auto industry or home furnishings and much more. If we just take a look at the area of personal hygiene, then we can easily see what gets into our body that it is difficult to flush out again.

Our immune system is constantly busy what in turn weakens us and it can therefore protect us little from other external influences of illness. The accumulation of many unnatural substances leads to many symptoms such as tiredness, susceptibility to colds, difficult sleep and many more.

In order to support our body in flushing out the unwanted substances, we can carry out various cleanings:

One possible variant is to clean the accumulation of light and heavy metals in the body with *Allium ursinum* and *Coriandrum*. The process is simple and easy to use in everyday work. For this purpose, the excretory organs kidneys, liver and lymph are activated for about 3 weeks with the appropriate plants: Latin *Solidago virgaurea*, Latin *Carduus marianus* and Latin *Melilotus officinalis*. Then comes the actual cleaning with *Allium ursinum* and *Coriandrum* for sure 3 - 4 weeks. For the whole procedure, a binding agent such as *Chlorella* algae is used all the time. This substance binds the toxins that get from the cells into the blood and excretes them when we go to the toilet. After this cure you usually feel lighter and more energetic. I recommend the «Ceres» products as appropriate plant products, which are manufactured in Switzerland using a special process.

Another very effective cleaning method is the sulfur cure as described by Dr. Karl Probst is described and recommended. Above all, it cleans the entire intestinal tract and is not that easy to use in everyday life, or in other words, the effect is not always compatible with everyday life in the social environment.

Another effective variant is a water cure, which means that you only drink pure water and thus fully detoxify your body. In Russia there are some health resorts that do this under medical supervision and the result is very impressive.

What is also very effective, but has to be practiced, is cleansing through intensive breathing in combination with light, healthy and natural nutrition. The intense breathing will cause a strong "burn" in the body.

I am sure that there are other methods, for example with herbs from the shamans on all continents, but everyone should create their own access and choose their best variant. It goes without saying that the cleansing has a positive effect on the psyche.

Anyone who generally makes sure that they are as natural as possible in their household, personal hygiene, nutrition and so on will not notice a major effect after cleaning, as their system is generally less stressed.

### **Body activation:**

Our bodies have evolved over x million years and evolution shows that our bodies «must» be used. By this I mean that the bodies function well when they are also moved and a little strained. This activates the immune system and is essential for maintaining health.

Above all, this means exercise in nature with plenty of fresh air, such as brisk walks or light, slow jogging in the forest. Everything we do outside usually strengthens us. The idea that only top-class sport activates our immune system has proven to be inconsistent.

The pastor Sebastian Kneipp developed the “Kneipp methods” for self-regulation of our body in the 1900 century. His methods include five applications, but the water applications have become known worldwide and activate our immune system, among other things. Dealing with it is definitely only good. But we don't need to go into a cure to use the water activation; we can take cold showers every day, which means alternating cold and warm showers. Those who are used to it will enjoy taking a cold shower every now and then.

Anyone who regularly goes to the sauna knows the body stimulus of heat and cold; which is a powerful boost to our immune system. But please, everything in masses, because too much sauna in turn weakens the body. In Chinese medicine, sweat is seen as the brother of blood, so if we sweat too much, it can weaken our blood and thus our immune system.

Wim Hof is known as the ICE man and he is a living example of a very strong immune system; what he has achieved through his methods. These methods are certainly not for everyone but irritating the body a little every day strengthens it immensely. Another kind of stimulus can be, for example, that we no longer use a lift and walk or simply do without a car and get on a bike, whatever the weather.

Regular exercise of any kind not only activates and strengthens, it also makes you happy; what research shows.

Unfortunately, today's generation grows up with “wheels” under their feet (for example, electric skateboard or electric scooter) and we will see how this affects the health of this generation.

As relaxing activities with the body, yoga, tai chi or qi gong, for example, are very good ways to strengthen the immune system. A lot of work is done with the breath and the energies in our body, which has a positive effect on our immune system.

In general, it strengthens our immune system when we stay in the forest and indulge in silence. The word silence comes from still, which means nourishing (In German language). Silence is something that is experienced as very valuable when one can indulge in silence. Lately you have been able to read the word «forest bathing» and how good it is for our whole system. Forest bathing means that we are in the forest and simply enjoy being.

### **Sexuality:**

What is this topic doing in a paper on the immune system? I don't want to write about sexuality in general here; another paper is being produced on this. I am only concerned with the following point: In Chinese medicine, a disease-causing factor is, among other things, sexuality and, above all, orgasm in men.

A woman weakens her own vital energy during childbirth and the man weakens during his orgasm; this is also called the little death.

If a man engages in energy work and, for example, injaculation instead of ejaculation, then he greatly reduces the loss of life energy and keeps the energy high. For example, if we as men notice that we are about to catch a cold, then it is advisable not to have an orgasm during sex, otherwise there is a high probability of slipping into a cold. It is well known that before physical competitions it is good not to have an orgasm beforehand, as it weakens physical strength and performance. Satisfied sexuality doesn't necessarily mean that we experience an orgasm every time. We can learn to keep the sexual energy high, experience new worlds of experience and are on the way with a stronger immune system.

### **Psyche / body-mind connection:**

From my point of view, at the end of this paper we come to the most important point, namely our experience. We all know stress, we all know fear, we all know worries, grief, hopes and all these feelings that pull us into the basement and immediately take our energy and our positive view of life. Psychoneuroimmunology, PNI, is a relatively new science; she investigates the connection between the psyche and the immune system. There are emotions that strengthen our immune system and emotions that weaken it greatly. The above feelings weaken our immune system, and to a significant extent.

For example, a strengthening emotion is love; who doesn't know how to be freshly in love and suddenly we can sit in the cold for hours and stay healthy. Another strengthening emotion is joy, which burns everything negative like a fire. Inspiration is also a very strengthening emotion that enables things that we would otherwise dismiss as magic. Gratitude as a basic attitude and a positive view of the world also support our defense system.

In this context it is very useful to look at the sympathetic and the antagonist parasympathetic; these are opposing nervous systems. The sympathetic nervous system is activated in case of "danger" and tension takes place and the parasympathetic nervous system then serves as relaxation again; Tension and relaxation are inherent in us and are usually in harmony. In the case of long-lasting tension, long-term stress or fear or any other emotion of this kind, there is no longer any compensation through relaxation. Both body and psyche are in constant tension. Here it is helpful to know how we can restore the balance and many health issues will resolve again in the process. It goes without saying that constant tension weakens our immune system. To activate the parasympathetic nervous system, I created a font that can be found on my website [www.impulsraum.ch](http://www.impulsraum.ch) under literature.

Now back to our feelings, normally we are at the mercy of emotions like a pawn and yet there is the possibility of controlling the emotions. We choose what we experience and yes, it is possible, but not that easy. But once it succeeds, true freedom arises.

In addition to the emotions, we still have many, many, many thoughts and research shows that every thought is experienced by every cell. As an adult, we are made up of roughly 60 trillion cells: quite a lot. On a normal day we think about 60,000 thoughts and on a stressful day that is certainly even more.

Every thought has its effect on every cell (every thought!); Thus, a lot of exchange, storage and action takes place in our system, which we usually do not even notice.

So, our cells have to withstand a lot. Are we aware of what we are thinking and how we are feeling? Are we aware of our thoughts and our basic feelings, such as slight aggression, constant resentment, weak grief or dissatisfaction or the like? Are we aware of the information we are sending to our cells? I wouldn't really think so! Perhaps we are aware of the rough thoughts and feelings, but the subtle ones that we only perceive consciously when the external sensory impressions decrease? Hardly, and yet these also have their effect on our health, not immediately, but over time and then quite unexpectedly.

The good thing about these effects of emotions and thoughts is that we can use both for healing power and growth, which has long been known in holistic systems. The placebo aspect serves as an example; if someone is convinced of a remedy, it will have an effect, even if the placebo remedy itself has no actual healing power, exciting not?!

Research shows that our thoughts, ideas, emotions and beliefs often have more healing power than the best drugs. There are enough examples of people who have been completely healed from severe illnesses and this through their own spiritual measures. Unfortunately, this is far too little taken into account in general medicine; maybe also because nobody earns money with it.

The method of meditation is useful in order to become aware of mental processes and of one's own inner world. Fortunately, there are many offers here, be it MBSR (mindfulness-based stress reduction), Buddhist meditations, yoga, courses on mindfulness and so on.

Another method is hypnosis or imagination. Here the electromagnetic state of the theta waves is activated. This state is also active just before falling asleep like waking up; it can be used, for example, to strengthen the immune system through affirmations, which create corresponding neural networks and thus realities in our brain.

What also comes to mind are telomeres. What's this? As far as I understand, these are the ends of the chromosomes; they have only recently received a lot of attention. Telomeres are used when DNA is reproducing, and they shorten each time it is replicated. If there are no longer any telomeres on the chromosomes, no further reproduction takes place: aging and illness, both physical and mental, are the result. So, for a healthy, long life it makes a lot of sense that the chromosomes have telomeres for a long time. There is now an enzyme that keeps extending the telomeres; the name is telomerase. It makes sense to produce this enzyme to lengthen telomeres. How do we do it? This is served by a healthy natural diet, above all omega 3 fatty acids are important, physical exercise, happiness and gratitude as well as a positive outlook on life, then love for yourself and others and the most important thing in the end: You have meaning in life, you have something meaningful for yourself Task and experience the feeling of being needed. Subconsciously, this makes us want to live long and thus this information, these thoughts will encourage the chromosomes to want to multiply for a long time. Needless to say, what has the opposite effect on telomeres, is there? The only tip during this time of Corona: fear!

I claim that with all of the above, we will remain or become a strong oak that can withstand any storm or a bamboo that simply swings with the wind.

It is already clear that we will all die, but a fulfilled, healthy and fit life brings more joy and meaning for you than others. If we can also internalize the insight that only the body dies, but our consciousness is timeless, that is a very supportive and relieving view.

### **Finally, I wish you a healthy and fulfilling life**

There is a lot of reading and much worth seeing on the subject of this publication. I like to share the following:

#### **Book recommendations in German:**

Schlafstörungen von Rene Gräber  
Wake Up von Peter Spork  
Entgiften statt Vergiften von Uwe Karstädt  
Das fünf Elemente Kochbuch von Barbara Temelie  
Kraftzeiten nach der Chinesischen Heilkunde von Karola Bettina Schneider  
Die Bedeutung von Vitalstoffen von Robert Schneider  
Homo Frites von Philippe Tremml  
Warum nur die Natur uns heilen kann von Dr. Karl J. Probst  
Öfter, länger, besser: Der multiorgastische Mann von Mantak Chia  
Endloses Bewusstsein von Pim Van Lommel  
Wie die Dinge sind von Lama Ole Nydahl

#### **Youtube channel of:**

Bruce H. Lipton, Ph.D.  
drjoedispenza

#### **Diet supplement tips:**

Products of AllVital or Robert Franz are in my opinion very good  
Adaptogene at [www.zimmerli-adaptogene.ch](http://www.zimmerli-adaptogene.ch) or at [www.vom-achterhof.de](http://www.vom-achterhof.de)