

“Re-firement” of the Immune System with Energy Therapies

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“Re-firement” of the immune system is essential now that we’re into the flu season and the darker winter months. Sometimes, people in the second half of life think retiring by withdrawal or hibernation will preserve their health.

Actually, science shows the opposite is needed to keep our bodies and the immune systems in optimal condition. Doing the tasks we enjoy, giving to others generously, and maintaining regular self-care have been shown to dramatically boost the immune system. The new science of energy psychology has established that positive internal attitudes trigger the opening of epigenetic protein sheaths around the genetic coding material in each cell to allow life-sustaining immune messaging to flourish in our bodies.

Here are some practical things you can do each day to strengthen your immune system responses:

- **Warm yourself** by moving your body frequently in addition to having a regular exercise time. Sitting still in front of a computer or TV cools the core temperature and stagnates blood and lymphatic flows. Stretching side to side, crossing alternate arms and legs, and taking deep breaths are quick ways to warm the body and prevent stasis.
- **Nourish yourself** with farm-fresh foods, especially proteins, fruits and vegetables, and frequent drinking of clean water. Avoid “empty calories,” items that have little or no nutritional value such as candies, white flour and sugars, and alcohol.
- **Make adequate sleep a deserved pleasure** rather than a “have-to” chore or a time of emptiness. Appreciate your right to restorative rest for renewing your energies. Keep a dream journal to recall symbolic messages from your subconscious.
- **Stimulate your internal sense of energy**, or *qi*, by affirming your strengths, your joys, and your goals. Use positive affirmations such as, “I deeply and completely

accept myself with all my gifts, talents, and abilities...I now attract the resources I need to accomplish my goal of ____”

- **Reach out to loved ones and people you don't know** by participating in community events, improvement projects, and mentorship programs. Give of yourself and notice how the sense of inner satisfaction multiplies.

Studies show that doing good for others literally does us good. The sense of satisfaction from reaching out to offer help translates instantly into a LIVE message to the immune system and cellular structures. On the other hand, boredom, fears of loss, or overdoing create energetic blockages. Our psychological and physical make-ups are designed to thrive with activity and social collaboration.

A member of my yoga class recently reported living through a fairly severe bout of swine flu although the illness is unusual in her age group. Instinctively, several class participants moved away from her in hopes of being spared from the flu even though the infectious period had long passed. I suggested we ask her to share her antibodies and gave her a warm hug. Her system had, after all, mastered the disease. The image of taking on her empowered defenses brought laughter to the group and then we tapped on the thymus region in the center of the upper chest to send encouragement and caring to all of our immune systems.

Let yourself enjoy the gifts and challenges of each day with healthy “re-firing” of your resources!

Dorothea is the leading “re-firement” expert and author of *Second Chance at Your Dream*, a book filled with over fifty energy self-care exercises.