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00:09 Speaker 1: How do you know if you have a weakened or underactive immune system? How do you test when you cannot see it or touch it or measure it in any possible way? How good is your immune system and how good is your ability to hold diseases at bay could help you protect yourself from these diseases faster, right? Your body is constantly talking to you, so even the parts of your body which you cannot see are communicating regularly and letting you know if there's something that is not working the way it's supposed to be working in order to keep you healthy and strong.

00:48 S1: If you get sick often for example, or you are super fatigued all the time or have other ongoing symptoms that you cannot explain, it may mean that you have a weakened immune system, and there are any number of reasons why that might be. Now these things will wear you down and make it difficult for your body to fight diseases. For example, we've been talking a lot about stress which causes a lot of production of hormones like cortisone and adrenaline which are known to suppress your immune system, and of course, there might be an underlying illness that might be to blame as well.

01:25 S1: So if you have a chronic disease, whether it is an autoimmune condition or something that has been undiagnosed all of those could actually weaken your immune system. You can however, boost that immune system with a few lifestyle changes. Of course, we've been talking about and we'll continue to talk about here, but in this video I want you to start paying attention to the signs that your body is giving you that might mean that something is the matter and you might wanna look a little bit deeper into it.

01:58 S1: The first thing, of course, that I want you to pay attention to is digestive issues. Your stomach, your digestive tract is the first line of communication between you and your internal organs. It's no surprise that a weakened immune system is often seen as the same as chronic digestive problems. So if you have ongoing issues like bloating, gas, constipation, loose stools, perhaps it might be a sign that something is not working in your gut, and as we know, 70% of your immune cells and the immune system tissue kinda lives in this area, so we want to pay attention with the symptoms that are very obvious for the majority of us.

02:44 S1: You catch every cold there is. If you are the kind that gets three or four colds in a single season, then that is not a good sign. It may mean that your body is not equipped to fight off the germs that it is exposed to on a regular basis. So for example, it is winter time, and in that span of three to five months you get two to three colds, that is problematic and is something that we need to address, whether it is by strengthening the respiratory system, obviously allowing your body to utilize nutrients more effectively. And of course, talking to a doctor.

03:25 S1: You are always tired. Okay, so there could be dozens of reasons why we feel fatigued, but having a weakened immune system might be one of them, and in fact, it's one of the first symptoms that we get when something is really, really wrong, probably on a chronic level. So achy upset stomach, decreased appetite in combination with feeling super fatigued is really something to be concerned about.

03:56 S1: There are a few non-specific symptoms that suggest that the body is run down, and in some cases, it might mean that your immune system is fighting against your own organs in the body, which is known as an autoimmune condition. You have two or more sinus infections in a

single year. If you get two or more sinus infections, you wanna take note. What is happening in your respiratory system that is not strong enough to fight any pathogens that get in through your mouth or your nose which is a very common way for bacteria to get in. It may mean that you're not making enough immune cells or those cells that you're making are not functioning properly to fight the infection. So if you have a cold or a sinus infection, it wipes you out or you're stuck in bed for three or more days then that might mean that you have a weakened immune system and you might need to go to a doctor to get that checked out.

04:56 S1: You have frequent fungal infections. Another sign that you might not have immune system cells or that whatever you have in your body is not functioning properly, is those fungal infections. So we're talking about thrush in the mouth, fungal infections on the skin, yeast infections, excessive candida, that needs to be checked out. There might be an underlying health issue to blame. If you get four or more ear infections in a year, that could be yet another sign that your immune system isn't functioning properly. So if this describes your life and your ears are always struggling, definitely get that checked out.

05:39 S1: Well, there's a lot of ways to boost your immune system all by yourself, eating well, getting enough rest, keeping your gut healthy we all have been talking about this and we'll continue to talk about them, you might also want to look into possible underlying health conditions that may have gone undiagnosed or under-diagnosed like some autoimmune disorders. In the next video and the next section we will start showing you the awesome immune strengthening nutrients including foods and of course the amazing herbs and botanicals that I so love. Can't wait for you to get there. Thank you so much for listening, and I will see you on the next video.

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