

Strengthening Your Immune System

by Jim Fallon

Healing is a natural function of the body and mind. By learning how to direct your innate life energy, you can increase your vitality and improve your resistance to disease. You can use mind/body techniques to assist you in taking responsibility for your own health.

The immune system (or immunity) can be divided into two types - innate and adaptive immunity.. The innate immune system consists of defenses against infection that are activated instantly as a pathogen attacks. Adaptive immunity (or acquired immunity) is a subsystem of the immune system that contains highly specialized systemic cells and processes that kill pathogens and prevent their growth in the body.

We know our immune systems are designed to take care of us, but did you know it's also important to take care of it?. You can help the subconscious mind improve the body's immune system, to help realign itself to take care of and battle diseases and sickness.

With this idea we are going to make some positive adjustments and become more resistant to any kinds of infectious diseases or illnesses. Your body can become incredibly strong and incredibly resilient when it is given that command to do so, when it is allowed simply by the allowance of the mind to be strong and to be resilient.

This is going to have an even greater effect of protection in the body so that the body is going to be able to recover, deflect, and shield itself from any mingling diseases any colds or flu, or any

aches or pains, are not going to be able to affect the body because the immune system is so strong and those cells are working day and night .

The key here is that thoughts effect the mind, the mind then affects the brain, and the brain then effects the body.

A simple and effective technique for this is Dr. Serge King's Dynamind technique. Here is it in a simplified form for using the Dynamind power statements.

1. Choose a Dynamind power statement from below.
2. Bring both hands together with your fingertips touching.
3. Make one of the Dynamind power statements aloud or silently
4. With two or three fingers tap these points 7 times each: the center of your chest; the outer area between the thumb and index finger of both hands; the bone at the base of your neck.
5. Inhale with your attention focused on the top of your head; exhale with your attention on your toes.
6. Repeat the above steps for continued benefit.

Using Dynamind power statements:

"My body and mind have the power to strengthen my body's immune system and keep it functioning at optimum efficiency."

"My continually strengthening immune system keeps me healthy."

"My body and mind nourishes my healthy cells and flushes away the remains of the unhealthy cells."

"Every day my body's immune system becomes stronger and I want those qualities to grow and spread."

"My body's strong and healthy immune system always protects me now".

"There is power and strength, health and vitality in my body's continually strengthening immune system which keeps me health."

"My body knows how to energize and strengthen my immune system and protects me from all diseases"

"I have the power and ability to enlist the unlimited power of my mind to assist in strengthen my body's immune system."