



**HOW TO INCREASE
IMMUNE SYSTEM
AND IMPROVE
ENERGY AND FOCUS**

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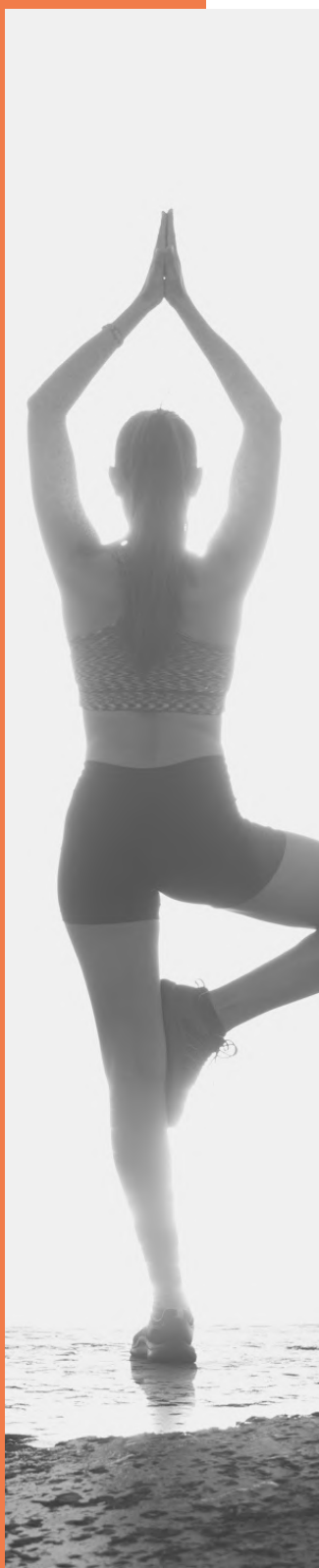
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Immune system supplements are known to improve our lives including, health, wellness and even our brains function, so is bio-hacking and nootropic the solution or is it just a new trend?

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It is understandable as we get older that we want to improve our health, well-being, have more energy and increase immune system. We are living longer, but unless we are still healthy is there really a point to wanting to live longer. This is of course a philosophical question that we need to ask ourselves. Personally, I believe that unless we are healthy enough to somewhat enjoy life the length is irrelevant. For me there are a few key elements to a happy life and that is independent living, health body and brain and the energy to perform pleasurable activities. Having the passion to still want to achieve something in life is the essence for living a full and productive existence. If you can maintain all of these elements the aging process will be less of an impact, because life is not about living forever, it is about living better for longer.

There are many options available to the individual to improve their immune system, wellness, brain health and energy such as a better diet, drinking enough water, sleeping enough, reducing stress, probiotics and even immune system supplements to improve energy and performance.



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SIX IMMUNE SYSTEM BOOSTER FOODS, ACTIVITIES AND SUPPLEMENTS FOR HEALTH, WELLNESS, BRAIN HEALTH AND ENERGY

Having a strong immune system is important for our survival as well as for our general health, but what are the signs of a strong immune system? Our bodies express it in many ways and more often than you can imagine. A great example is when an insect bites our skins in the summertime. The first thing you will notice is that the bite will in a short amount of time become red and itchy. That is your immune system working to fight off any germs or bacteria which may occur from the bite.

Below I have made a list of six ways of helping strengthen and support your immune system:

- **Nutrient rich food:** Nobody can argue that eating a nutrient rich diet is going to have a positive outcome to our lives. I am definitely an advocate of keeping the carbohydrates low to help and support a stable sugar level while enhancing energy and focus. This can be achieved by eating fresh vegetables, fish, eggs, nuts, seeds and meat, while avoiding refined grains, refined sugars and highly processed vegetable oils. As you may have noticed, most of these foods are regarded as the best brain foods available in the natural world.
- **Drink lots of water:** As human being our bodies are comprised of 60% water, so it is logical that we drink enough to keep our bodies and immune system satisfied. It is simply essential to drink apply enough to optimize our health, brain, wellness and energy. How much water is enough? Roughly, if you are 130 lb / 60 kg you should drink 4 pints / 2 litres a day or if you are 165 lb / 75 kg you should drink 5 pints / 2.5 litres a day and so on.
- **Getting enough sleep:** Changing just a few things in your life will help you sleep. Such as eating healthier, drinking less alcohol and exercising more, but its not just about sleeping it is the quality of the sleep which is important. The better the quality of your sleeping habit, the more energy you will have and a better immune system that can cope with the up and downs of life. Studies have found that the lack of sleep uses up vital nutrients used to repair ourselves instead of fighting bugs. This means that sleep is so important for a healthier life, a healthy brain and a optimized immune system.

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- **Reducing stress:** Stress and learning to cope with it is fundamental to living a healthy life. In the distant past we would simply sleep more to reduce stress, but modern society cares little about what worked in the past. The main issue with most of our coping strategies is that we use unhealthy options to help us cope with stress. Our coping strategies comprise of using caffeine, alcohol and refined sugar or grains. These as you may have guessed have a massive impact on our livers, which affect the way nutrients are absorbed into the body. This influences the effectiveness of our immune system and the amount of energy we have to achieve our daily tasks. There is no quick fix when coping with stress, because it involves our complex brain, however, a few strategies that are found to work are, keeping active, taking control of your life, connect with people, find me time, avoid unhealthy habits, help other people who are not coping and try to stay positive.

- **Using probiotics:** The use of probiotics in our diet is a good way to promote a healthy gut and immune system. Probiotics can be found in some foods (yogurt, kefir, kombucha, sauerkraut, pickles, miso, tempeh, kimchi, sourdough bread and some cheeses), but predominately in tablet form. Our gastrointestinal tract is approximately 25 feet / 5 metres long and is responsible for digesting and absorbing the nutrients in the foods we eat, while also helping eliminate waste products from your body. So, if probiotics foods are unavailable, probiotic supplements are a safe, and effective way to deliver probiotics to our bodies.

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- **Natural energy and immune system supplements:** Using the above tools will enhance your life immensely, but unfortunately we are living in the 21st century and every little extra counts. Over the last few years there has been a new understanding about the relationship between our brain and our immune system in relation to our overall health, wellness and energy. This means that if we are balanced in life, the likelihood is we will have a healthier immune system. Each day when we rise from our bed we react depends on the choices we make, such as what we drink, eat and do. And even though our brain only accounts for 2% of our body weight, it consumes about 20% of the energy our body produces. The problem is that optimizing everything including food, sleep and exercise is not always enough. Fortunately, a few years ago, a nootropics solution was found. Nootropics are cognitive technology that acts as an enhancer to play a vital part in our daily diet, even if you think you are healthy. These supplements may improve cognitive function, notably executive actions, creativity, motivation or memory so that you can perform at your utmost peak. While the brain is energized and optimized, it allows our immune system to do the job it was created for, which is to protect us against the bugs and elements in our environment. Many professionals argue that the nootropics industry has created one of the best brain supplements available today.



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WHAT ARE THE BEST BRAIN SUPPLEMENTS FOR THE 21ST CENTURY?

One option that is working for many of use searching for the ultimate bio-hack is nootropics supplements. Nootropics are strongly connected with our brains and the natural or synthetic substance that has a positive impact on our minds. This may included supporting our memory function, focus and energy, which in turn helps improve our sense of well-being and ultimately our immune system. Nootropics can be found in foods, supplements, synthetic compounds and even drugs.

Using nootropics that work will improve and support our immune system and give us energy and focus to do the things that we were just too tired to do.



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BEST NOOTROPIC SUPPLEMENTS REVIEW

If you are in any doubt, using nootropic supplements is a truly holistic approach to living a happy life as well as having a healthy brain. If we have the energy we can support our physical, emotional, social and spiritual well-being. If we are tired and finding it difficult to cope with daily life, we end up falling into unhealthy habits that do not provide any benefits to the whole person. But what should you expect from quality mind enhancing supplements?

They should give:

- A boost to my mental energy
- Improved brain function
- An instant mental and physical boost
- An improvement in my athletic performance
- An enhancement in my positive thinking
- A feelings of calmness under stress
- A boosts in my mental performance
- An improvement in my mental acuity
- An improvement in focus and alertness

Using nootropic supplements is a great way of promoting our overall health, brain health and function and immune system by given us that extra energy we need.

For full review and testimonies click on the source link below and find out more

Author: [Steven Jackson](#)

Source: [How to increase immune system and improve energy and focus](#)