**Boosting our Immune System**

*By Suzie Maddison, CHC TCM Acupuncturist*

Ensuring our bodies’ immune system is running at peak performance is so important right now. If you do catch this virus the best way to recover quickly is to have a healthy immune system so here are a few tips to a gold standard defence:

**Eat lots of fruit and vegetables**: If you can’t get hold of lots of these fresh right now, frozen versions contain almost as much vitamins and minerals.

**Remember your gut health:** Foods good for this include probiotic or kefir yogurts; kombucha tea, miso soup and sauerkraut.

**Stay active:** Extreme **stress** can have an adverse effect on the immune system. Remember to exercise outdoors if not self-isolating. Yoga, meditation and online workout videos are all achievable inside the house and regular practice can hugely alleviate stress.

**Get enough sleep** – this should be an easy win right now!

**Acupressure**. There is a master point that boosts the immune system and it’s called Stomach 36. This is probably one of the most common points used in clinic and is located four finger widths down from the bottom of your kneecap, along the outer boundary of your shin bone.

Use your thumb and apply firm pressure for 2-3 minutes whilst taking some slow deep breaths. Then switch to the other leg.

A close up of a hand

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