

Top 7 Health Crimes for a Compromised Immune System

Health Crime #1: Are you eating sugar and processed foods?

Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is a crucial key to keeping you healthy. Be aware that sugar is present in foods you may not suspect, like ketchup and fruit juice.

Health Crime #2: Do you fail to get enough rest each night?

Just like it becomes harder for you to get your daily tasks done when you're tired, if your body is overly fatigued, your immune system could be functioning less-than-optimally.

Health Crime #3: Is stress running your life?

We all face some stress every day, but excess stress could have serious adverse effects on your immune system.

Health Crime #4: Do you forget to exercise on a regular basis?

A comprehensive exercise program is one of the BEST strategies to improve your immune response. When you exercise, you increase your circulation and your blood flow throughout your body. Your immune system has a better chance of performing at its best.

Health Crime #5: Do you ever leave the bathroom without washing your hands?

Washing your hands is key to helping your immune system to function at its best. Be sure you don't use antibacterial soap for this -- antibacterial soaps are completely unnecessary, and they cause far more harm than good. Instead, identify a simple chemical-free soap that you can switch your family to.

Health Crime #6: Do you eat a "balanced" diet without understanding your nutritional type and how to eat for your personal needs?

Just as it is obvious that you differ tremendously with respect to your outward physical appearance, you also have a unique biochemistry and genetics. You process foods and utilize nutrients in a way that is unique to you. Therefore, when you adopt a diet based on your specific "nutritional type," it will help you achieve optimum health.

Health Crime #7: Are you failing to look after your digestive tract?

Scientific research shows 80% of your immune system actually lives right in your digestive tract. The best way to look after your digestive tract is via a high quality probiotic.

Reference website: <http://products.mercola.com/immune-support/>