

220 Parker St. Warsaw, IN 46580

To enroll: (800) 428-0408, option 2

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TRINITY
school of natural health

Natural Methods to Avoid Illness



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Natural Methods to Avoid Illness

Introduction

Highly contagious illnesses cause societal unrest. The flu and—more recently—COVID-19, or coronavirus, pose serious threats to public health. If not treated properly, they can result in serious medical concerns and even death. While fear is a natural response to life-threatening illnesses, it is not the most effective response. Instead, taking every measure possible to reduce the spread of infection and support the immune system is the best way to promote optimal health.

You might not be able to avoid getting sick, but you can give your body the resources and supplements it needs to fight off any circulating illnesses. The simple practices outlined in this paper will help you prioritize your health and make the best decisions to support your body.

Practice Proper Hygiene

At an early age, children learn that “germs” are everywhere. What they’re not always taught is that pathogens, such as viruses and bacteria, need to enter a susceptible host to survive. The skin is the first line of defense, so washing hands regularly, sneezing into the elbow, and not touching the eyes, nose, or mouth will help stop pathogens from entering the body.

It’s impossible to completely avoid exposure to bacteria or viruses, but you can limit your risk by taking simple precautions. Sanitizing surfaces that are touched often—such as tables, desks, and doorknobs—can help prevent the spread from person to person. Since our living environments will never be completely sterile, the best method to avoid illness is to follow natural health practices that allow the body—and its immune system—to function optimally.

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Regulate Sleep Habits

Consistently getting enough sleep is crucial to maintaining a healthy immune system. If your body does not have the energy it needs to fight off illness, you are much more susceptible to a common cold or even the flu. The immune system releases compounds called cytokines while you are asleep—but with inadequate sleep, you cannot produce enough of those compounds to remain healthy.¹ Regulate your sleep habits by going to bed and getting up around the same time each day. This accustoms the body to a specific rhythm and prevents it from having to compensate for extra-late nights or too-early mornings. A consistent, dependable routine is key to maintaining a capable immune system.

Sleep is so essential to the body that even missing a few hours can have a serious impact on your wellness. One study found that it didn't matter how long people were deprived of sleep. Even with limited sleep deprivation (four hours per night for five days in a row), study subjects showed similar effects to their immune system as those in other studies who experienced long-term sleep deprivation.²

Feeling awake is not the same thing as getting enough sleep, so attempting to caffeinate with coffee or energy drinks will not eliminate the negative effects of lost sleep. Only genuine rest can enable the body to avoid or bounce back from an illness.

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Maintain Good Hydration

Water is one of the body's natural defenses; your cells need it to function effectively. Dehydration affects every system in the body, causing you to feel sluggish and making you more susceptible to illness. While many people start the day with coffee or tea, regular water is the only liquid the body can absorb without first having to filter it.³ By drinking a couple of glasses of water in the morning, you can give your cells a healthy start to the day—and they'll absorb the water quickly to prepare your body for whatever comes your way.

In the face of recent events, people are even more concerned about how to prevent infections. For years, the World Health Organization has recommended drinks with electrolytes, such as Pedialyte, to help fight dehydration.⁴ Some foods can also offer hydration, such as cucumbers, celery, and watermelon. Additionally, it is important to avoid drinks that are high in sugar because they can exacerbate stomach problems like nausea and diarrhea.

The human body is primarily comprised of water, which is why water is one of the foundational resources for health. While experts recommend a variety of tips for staying hydrated, the best one is simply to pay attention to your thirst.⁵ People need different amounts of water to be healthy—but when your body's

water content drops below a certain level, you will feel thirsty. To keep your body working properly and ensure that your immune system is functioning at its best, drink water consistently.

Adopt a Healthy Diet

While there is no one-size-fits-all diet, everyone needs foods that are high in nutrients to promote wellness and strengthen the immune system.⁶ For example, brightly colored vegetables contain carotenoids and berries contain vitamin C and antioxidants, all of which are crucial for protecting immunity. Nuts are a great source of protein and vitamins that can provide ongoing health benefits. Kids also need these nutrients—so a snack of all-natural nut butter on whole-grain toast, apples, or celery is always a great choice. Additionally, lean meat and poultry provide zinc, a mineral that supports the immune system by increasing the activity of white blood cells to help the body fight off infections.

As the country faces the prospect of being contained at home more often, it is important to be proactive in prioritizing the right food for each meal. Move past convenience foods, sugary drinks, and processed meals; take some of the extra time in your house to make food that supports the immune system and promotes long-term wellness.

Take Vitamins & Supplements

In addition to shopping for the right foods, you can supplement your diet with important nutrients, which are available at most natural health food stores. Three of the most common ones are vitamin C, vitamin B6, and vitamin E.⁷ While the body does absorb vitamins better when they come through a dietary source, supplements can help fill in the gaps if you are not consuming enough.

When it comes to getting the right vitamins, consistency is key. If you eat three oranges in one morning, you cannot expect to automatically be protected from illness. Instead, focus on regularity. Eat one orange every morning as part of your diet—or make it a point to take the same vitamins each day to build up your body's immune response. Don't force your body to compensate for missing nutrients; instead, make consuming those nutrients another step in your daily routine. This will ensure that your immune system is working around the clock.

Reduce Stress Levels

Stress has a profound impact on the body's ability to function at full capacity. On a small scale, stress is positive—it tunes the body and brain into external stimuli and launches the fight-or-flight response. However, when the body begins to accept stress as a norm, it opens the door for inflammation and decreases white blood cells that should be helping the body fight infections.⁸ Essentially, your immune system becomes overworked, leaving it susceptible to dangerous illnesses.

Adopting practices and techniques to reduce tension can give you the relaxation you need to restore your wellness and improve your body's immune functions.

Stress also heightens blood pressure, which requires your heart to work even harder to keep your body going. In the same way that your body cannot run forever without taking a break, your heart cannot sustain stress without serious side effects. Adopting practices and techniques to reduce tension—such as yoga or aromatherapy—can give you the relaxation you need to restore your wellness and improve your body's immune functions.

Conclusion

In a time of uncertainty, people are looking for any way available to decrease their risk of catching and spreading diseases. In the end, no plan is foolproof—but it is possible to invest time into your education on natural health practices. Prepare yourself and your family for a healthy future by getting certified in one of our many natural wellness programs. [Connect with our enrollment team here.](#)

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