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How To Support Your Immunity The Healthy Way.

How to support your immunity

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the healthy way

When you feel healthy and full of vitality, it improves your life in every way. When your immunity is functioning at its best, you will likely feel energized and ready to take on any challenges that life brings your way. In contrast, when your immunity is low, and you feel run down, it can be challenging to maintain your enthusiasm and positivity.

Everyone hopes to live a long, happy, and healthy life so that they can make the most of their time and continue doing the things they love. Living life to the full and maintaining an excellent quality of life as you age is the best way to feel young regardless of the date on your birth certificate. Unfortunately, the ageing process can manifest itself in many ways and can hinder your enjoyment of life when you are faced with illness, aches, and pains.



Finding ways to keep the ageing process at bay and to maintain your health may sound like a significant challenge. Still, when you find ways to support your immunity, you will discover that feeling great happens naturally. If you want to boost your immunity the healthy way, why not give some of these ideas a try and see how much difference they make to your life:

- Reduce Your Stress
- Spend Time in Nature
- Eat Well
- Keep Hydrated
- Make Time for Rest
- Add Supplements

Reduce Your Stress

High levels of stress every day and result in chronic, prolonged stress can take their toll on your health and harm your immunity.

When the stress hormone corticosteroid is continually released, it can prevent your immune system from functioning at its best. The stress hormone suppresses the number of lymphocytes that the body produces and, in turn, reduces the body's ability to fight off infections. Finding ways to reduce your stress is essential to allow your immunity to stay at an optimal level and to enable your body to fight infections successfully.

Everyone has preferred ways to relax and to reduce their stress. For some people, the peace and serenity that meditation brings help their stress levels to decrease instantly. But, for others, being active and expending energy through physical activity is the best antidote to stress. Whether you choose to exercise or meditate to reduce your stress levels, each of these is a positive and healthy way to lower the tension in your body and boost your immunity.

Keep Hydrated

While everyone knows that water is essential to life, it can be hard to know precisely how water can benefit your health. Drinking water and taking care of your health and, specifically, your immunity go hand in hand.

Becoming dehydrated is extremely dangerous and causes serious problems. When your body receives the correct level of hydration each day, it makes it easier to stay healthy and support your immunity, as it helps your body's lymphatic system to flush out toxins effectively and to keep your white blood cells moving through the body. White blood cells are vital for fighting infection and maintaining health.

Water is the best fluid to consume to keep you hydrated and your immune system functioning effectively. If you find it hard to drink the right amount every day, you may find it helpful to fill up a re-usable bottle each morning to carry with you throughout the day. Keeping your water with you will provide a constant reminder to drink and will make it much easier to stay hydrated and to drink regularly all day long. Drinking water is especially crucial on hot days or after exercising, as you will be more susceptible to dehydration.

Spend Time in Nature

Do you feel great when you are outside, breathing in the fresh air and surrounded by the beauty of nature? There is research that suggests that spending time in nature has positive effects on both the body and mind. Getting outside into nature can benefit your immunity in several different ways:

Nature has a calming effect that can help to reduce stress and lower harmful cortisol levels. Venturing outside and into the fresh air helps you to get more vitamin D, which helps boost your immunity further and could increase your body's ability to absorb other crucial vitamins. Furthermore, the organic compounds generated by plants can help to boost your immune system's function. Meanwhile, being outside in the sunlight increases the production of the T cells in your immune system that helps to fight infection.

This information demonstrates the many ways that being around nature can improve your immunity. Whether you head outside for a daily walk at the park or visit the coast to breathe in the sea air, there are many ways you can spend more time around nature to help boost your immune system.

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Eat Well

Eating organic, whole foods is widely recognized as an excellent method of eating for people that are concerned about their health. In fact, dietary changes are likely to be the first way for many people to take charge of their health and improve their immunity. The benefits of a balanced, nutrient-rich diet that contains the recommended amounts of protein, carbohydrates, dairy (or dairy-free alternatives), fruits and vegetables are widely documented.

Making healthy food choices can help make a significant difference to your health and support your immune system so that it works at its best. In contrast, making poor food choices and eating a diet full of unhealthy fats and lots of refined sugar can prevent your immune system from functioning effectively. Choosing to eat in a way that increases your immunity rather than depletes it is the best way to feel great throughout life. When your body is receiving everything it needs to feel great, it makes it so much easier for your immune system to work effectively.

Make Time for Rest

There is a strong relationship between immunity and sleep. Not getting the recommended amount of rest can leave you feeling in a grumpy mood, and you may turn to unhealthy habits to help you get through the day when you feel tired, such as snacking on unhealthy foods. But, the negative impact of reduced sleep goes beyond these health issues; it can also harm your immune system. While you sleep, your body is busy regenerating, so missing out on rest can prevent your body from working at its best. When you do not get enough sleep, your body is not able to produce the antibodies it needs to fight infections and to keep you healthy.

Getting the recommended amount of rest each night can be a challenge. There are many issues that can make it hard to fall asleep and stay asleep throughout the night. Feeling stressed, being in a room that is too noisy, or that has an uncomfortable temperature are just a couple of factors that reduce the quality of your sleep. Overcoming your inability to sleep can feel impossible at times, and it can be a source of frustration. Luckily there are many ways to make it easier to get a great night's rest every day. Sticking to bedtimes and waking up times can help your body clock settle into a natural rhythm and make sleep a healthy habit. Reducing your screentime in the evenings and avoiding caffeine can also help you sleep better.

Add Supplements

Even with the best intentions, no one is perfect, and it is practically impossible to be healthy 100 per cent of the time. Sometimes, life gets busy; you may get stressed or make unhealthy food choices that impact your immunity. Keeping this in mind, it can be beneficial to equip your immune system and boost your health with the help of multivitamins. Gobi Gold multivitamins provide immune support to keep you feeling healthy every day. Taking the multivitamins will give you the peace of mind that you are supporting your immunity and equipping it with everything needed to function optimally.

Boosting Immunity | A Summary

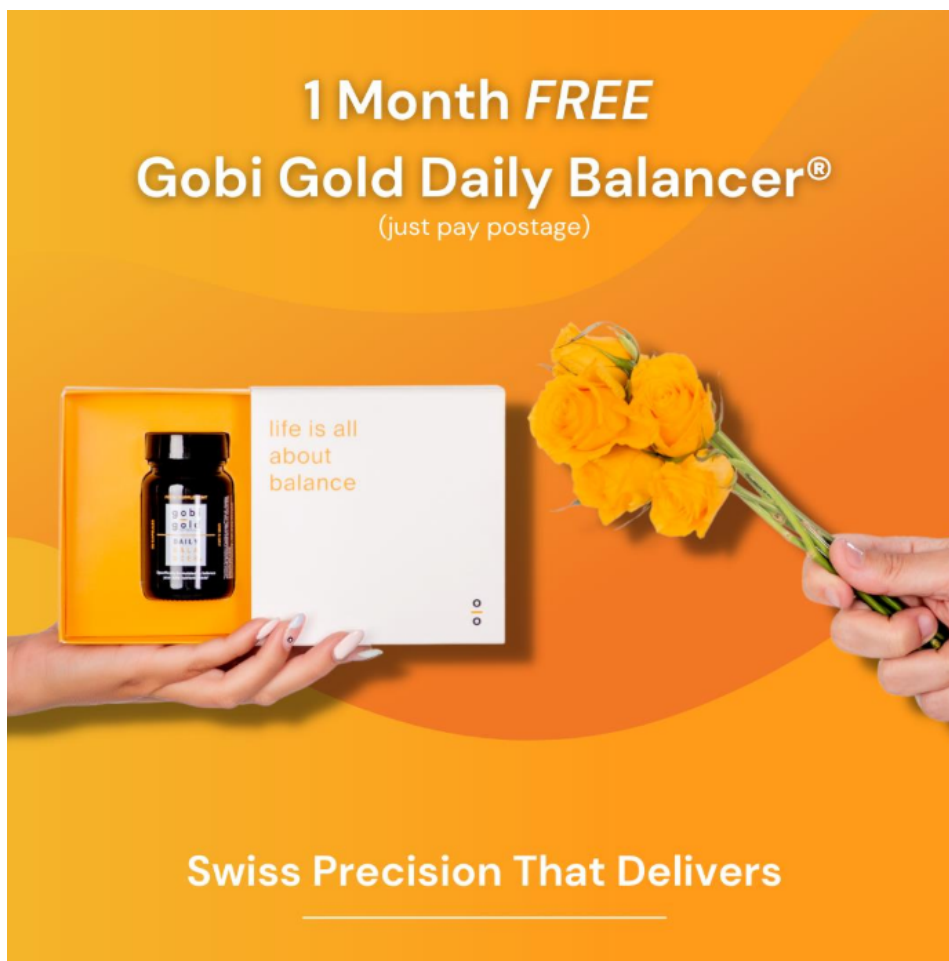
Boosting your immunity requires a varied approach utilizing methods that increase your health and boost your wellbeing. A combination of factors determines how effectively the immune system operates, so doing all that you can to support it by providing it with what it needs is the best approach. Supporting your immunity and providing balance in your life should help you to continue living life to the full and enjoying every moment while feeling great.



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Refresh your body and activate your mind!

Experience the power of Gobi Gold® | Swiss
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The Gobi Gold team are exceedingly confident in the power behind our Swiss formula. For this reason, we are offering you 1 month's worth of Gobi Gold® free of charge- you just need to pay the postage!

After your first months free trial, you can choose to continue your subscription OR opt-out!

Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Take one capsule daily. Do not exceed the stated recommended daily dose.