



## The Organ that Runs Your Immune System

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One thing that just about everyone knows -- to be really healthy, you have to have a strong immune system. But here's what most people don't know about that: Your mind plays a big role in your immunity. And there are other surprises when it comes to creating immune strength... a walk in the forest, anyone?

### Who's In Charge?

But first things first -- the mind connection. Mark Hyman, MD, founder and director of the UltraWellness Center in Lenox, Massachusetts, and author of *The UltraMind Solution*, believes that the mind-body connection is so powerful that it can transform a weakened immune system into an able disease fighter. He called the immune system "an organ of perception," explaining that "it perceives what is happening in the environment around us, both physical and mental, and responds accordingly." T cells (he calls these white blood cells "the soldiers of the immune system") have receptors for neurotransmitters that are activated, in part, in response to our emotions. Consequently, "Our thoughts and feelings literally speak to the T cells."

### Here are some ways you can power up your brain for immune health...

Nourish your T cells with immunity-building messages by engaging in activities that produce positive and happy thoughts -- for example, listening to joyful music and getting massage (Guess he hasn't experienced reflexology!) Keep a regular sleep schedule, going to bed and awakening at approximately the same time each day. This boosts immune strength by contributing to melatonin modulation, keeping the body in tune with daily and seasonal rhythms and changes.

Train your brain to be "well". A perfect example of the mind-body connection is meditation, which teaches your brain to achieve a healthful sense of calm. Harvard cardiologist Herbert Benson, MD, founder of the Mind/Body Medical Institute at the Beth Israel Deaconess Medical Center in Boston and author of *The Relaxation Response*, describes this as "remembered wellness." This means that engaging in a regular practice of meditation effectively primes your body to remember how wellness feels so that it can create the sensation more readily.

### What Else Strengthens Immunity?

Not all the news about immunity is about the brain. Here are some more fascinating findings ... A Japanese study showed that time spent in a forest or wooded area -- referred to as "forest bathing" in that country -- increased immune function. Stress reduction was one reason, but in addition, all those trees give off therapeutic airborne chemicals (called phytoncides) that keep plants from rotting and have been shown to improve immune function.

A healthy digestive system helps immunity by ensuring that toxins do not escape from the gastrointestinal tract into the body. A new study shows that soluble fiber (including the kind found in oats, apples, nuts, lentils and citrus foods) boosts immunity by binding to and removing an inflammatory protein from the gut.

There is a simple take-home message. It's not hard to be good to your mind and your body, and nature offers plenty of easy, effective ways to do so -- all of which can pay off with better health.

## Water—Just What Your Body Needs

So simple, so easy, so cheap ... but most of us just don't drink enough!

Our body is 60-70% water. Blood is mostly water and muscles, lungs and brain all contain a lot of water. Our body needs it to regulate body temperature and provide means for nutrients to travel to all our organs. It also transports oxygen to our cells, removes waste and protects our joints and organs.

We lose water through urination, respiration, sweating and diuretics. Symptoms of mild dehydration include chronic pains in joints and muscles, lower back pain, headaches and constipation. A strong odor to our urine, along with a yellow color, indicates a shortage of water. Thirst is an obvious sign.

A good estimate of how much water you need is to take your body weight in pounds and divide that number by two, giving you the number of ounces of water you need per day. If you're very active, drink more. Flying? Drink 8 ozs for every hour of the flight.

Twenty percent of your water comes from food and the rest should come from beverages. Water is best, herbal teas that aren't diuretic are fine, juices are good (with vitamins and nutrients). It's easy to forget about, but could be the most important thing you do for yourself!



Yvette Eastman is a unique, creative, humorous, perceptive woman, from Canada, whose work is her passion. A dynamic 72 years young, her energy fills a room with a desire to learn, to change, to innovate. Born a rebel, she teaches as she lives, showing you how to help people with reflexology and kinesiology, while demonstrating how to synthesize all that you learn with all that you already know. "Although I am teaching you the Touchpoint way," she says, "I hope that when I meet you 10 years from now, I won't recognize your work as mine!" Yvette is an author of 10 books on reflexology and its helper modes. Her next adventure is to arrange classes to teach reflexology on the web, making Touchpoint available to many more people. Technology is an entirely new realm for Yvette. Questions? Call 604-936-3227, e-mail [yvette@touchpointreflexology.com](mailto:yvette@touchpointreflexology.com), [www.touchpointreflexology.com](http://www.touchpointreflexology.com)

## “FIX-ITS” for Pain and Stress Relief

Our body/mind continually sends us messages. Unfortunately, we don't always understand its language! Pain, twinges, headaches, itches, burps - each is trying to tell you to change something. The aim of this article is to give our body/mind some answers in its own terms and in language it understands, interpreting its message and changing what we can.

Following are a variety of techniques designed to help you through difficult moments whether emotional, spiritual, or physical. A person's wellness is dependent on the balance and interaction of all three. It is impossible to say, "My spiritual life is excellent, but my body is ill." Or, "I am in emotional chaos but my spiritual life and my body awareness will see me through."

The Touchpoint belief is that all dis-ease, all discomfort is based on emotional toxins stored in our cells. When stress is too great and our cup overflows with emotional residue, it appears as physical malfunction. If you deal with the emotional charge there is relief of the discomfort or illness. If you suppress it with medication or surgery, the pile-up continues and a new malfunction attempts to communicate with you to make you change. We even accept much of the German New Medicine theory (Dr. Ryke Geerd Hamer), that the disease is part of the healing process. The belief there is that in order to completely get over a disease, you must go through its healing phase which is the disease itself. Touchpoint's belief is that the disease can be assisted to heal. I have trouble, for instance, with a person living through the agony of pancreatic or lung cancer.

The techniques I describe help to reduce or relieve pain, and other signals, while still showing you a way to relieve their emotional carriers. Since my book describes a myriad of these "fix-its", I propose to send you a few in each newsletter. These modalities can be used for yourself, with your clients, or as "homeplay" assignments you can suggest to clients and family to help them take responsibility for both their health and its malfunction.

Although many of you use foot reflexology, most of these corrections are not performed on feet. When you are at work and have a headache, your feet are not readily available. When you assign "homeplay" to a client, many of them cannot reach their feet. So most of these "fix-its" are points or movements on the hand, face or body. You may recognize some of them as they might be synthesized and adapted from other modalities. And some are my own inventions that work!

## FIGURE "8" FOR PAIN RELIEF

This is my favourite of all the pain relief techniques. It works on every kind of pain or discomfort, from surgery pain, to burns, to broken bones, to menstrual cramps, to joint and muscle pain and skinned knees. I have also used this on animals. My criteria of whether anything works, involves animals and babies. Neither have a belief system. They don't know why you are doing what you are doing. If they react positively, you know that the correction was a real one and not a placebo effect. My dog Corky healed in half the time from a broken ankle. I broke the same ankle and it was true for me as well. I use this figure 8 energy on every client since I refuse to let any person leave my office till their pain is eliminated or reduced.



Calibrate the pain on a scale of 1-10. Now, with your entire hand, draw a figure "8" either across the pain or along it. Ask which feel better – the lazy 8 or the up & down 8.

**STOP WHEN YOU FEEL YOU HAVE DONE ENOUGH ! Calibrate the result.**

## HEART –HEAD HOLD

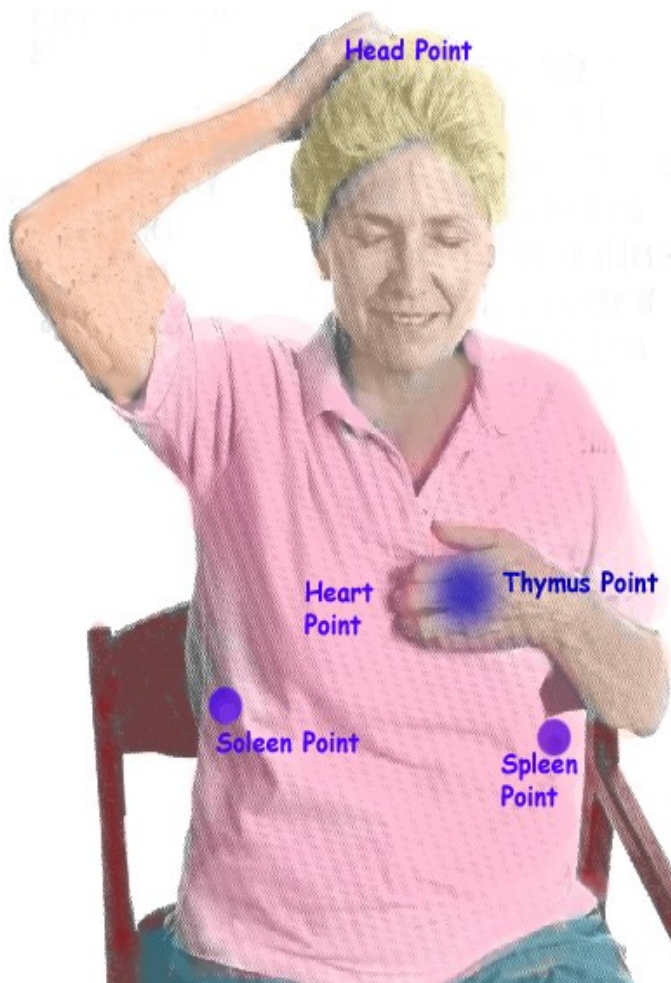
1. Holding these two points relieves anxiety, nervousness, impatience, irritation, frustration, aggravation.

Hold one hand on your heart, and the other on the top of your head.

I add a thought to the holding – I make my liver smile! I don't know why, but it brings a brand new lightness to my mood.

Hold those points as long as it feels good to hold them. If you feel bored, that is a signal that you have held the points long enough.

## LIFE ENERGY



## THYMUS-SPLEEN HOLD

2. This hold improves your energy, strengthens your immune system, tap your thymus

relieves the kind of stress that depletes your thymus gland, regains your healthy antibody function.

Hold one hand over the thymus gland, a bit higher than the heart and a bit more to the left .

Also hold a point that affects the spleen. It is below the armpit, on the ribs in a place that I lovingly call the “monkey spot” because when you pretend to scratch like a monkey, that is where you scratch. (About 8” below the armpit).

The spleen is also involved in antibody function. As in Head-Heart hold, I add a thought to the holding – making my liver smile!

Hold these points as long as you choose.

## What to do with all those Green Tomatoes!

### Green Tomato Raspberry Jam

Get your blender out or finely chop green tomatoes until you have 5 cups.  
Add 2 Cups of Sugar  
Boil for 15 minutes  
Add a 6 oz pkg of Raspberry Jello  
Mix it all together and...  
Pour into glass canning jars or containers. (If not Sealed, must be refrigerated)

#### Delicious!

I've used them as Christmas gifts for my clients (a 4 oz jar, a box of crackers and a discount gift certificate for the New Year!)

Nancy Bartlett, NCBR

*Kick off your shoes, spread your toes and ground yourself in the present!*

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