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WAYS TO STRENGTHEN IMMUNITY AND HELP PREVENT COMMON ILLNESSES

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The following are a list of lifestyle and dietary changes that I am making in my life and/or that I am recommending to the patients I see in my clinic. Please always check with your health-care professional(s) as to what recommendations are best for you to follow for your health and wellbeing. I also have no financial connections to any of the products I am listing. They are just the best I have found, so far.

Keep your whole body warm so hands and feet are as warm as the skin over your heart. Seek and foster the joy and warmth in your relationships with family, friends, and community (also see “Importance of Warmth” article on my website).

Get plenty of sleep, especially the key, “liver” sleep (i.e. “the sleep before midnight that counts as double”). With regard to sleep, toddlers (1-2 years) need 11 to 14 hours/night, Preschoolers (3 to 5 years) need 10 to 13 hours/night, School-age children (6 to 13 years) need 9 to 11 hours/night, Teenagers (14 to 17 years) need 8 to 10 hours/night, adults (18 to 64 years) need 7 to 9 hours, and seniors (65+ years) need 7 to 8 hours/night. If we are getting enough sleep then we can awake bright-eyed, by ourselves and without an alarm, and will have a good appetite for breakfast (Also see “The Importance of Sleep I and II” articles and #4b in the “General Clinic Recommendations” article on my website).

Keep well hydrated. Drink more water and/or herbal teas between meals. As a rough guide, drink 1/2 of your pound weight in ounces of water or herbal teas/day, (For example, if your weight is 150 pounds then you would try and drink at least 75 ounces of water/day). If exercising, sweating, or experiencing a fever, then you will need even more water that day. Avoid drinking lots of water with meals since drinking lots of water during a meal can dilute your stomach acids and interfere with the breakdown of proteins from your food. Dehydration will cause fatigue so make sure you are urinating throughout the day and that your urine looks only barely yellow without much of an odor. We usually don't feel thirsty until we are already pretty dehydrated.

Spend lots of time in nature and take time for “Mindfulness” and quiet meditation practices. Walk and hike in nature at least 1 hour, several days a week, if not every day. Walking should be invigorating and uplifting and not depleting or exhausting. If feeling exhausted, make sure you are doing selfcare and getting plenty of sleep as well as lots of time outdoors in nature, and then slowly and steadily increase your activity level.

Find ways to spend more time in the present moment by doing artistic activities that you love such as painting, drawing, sculpting, singing, quilting, knitting, sewing, woodworking, playing a musical instrument, improvisational theatre, and doing lots of harmonious, non-competitive movements like, Eurythmy, Spatial Dynamics, Pilates, Tai Chi, Qigong, yoga, swimming, and once again, walking and hiking in nature.

Limit screen time and limit cell phone use (text instead) and keep the cell phone off your body and away from your head when it is on. Avoid letting the computer directly contact your body. Use a landline whenever you can and try and keep your head (i.e. brain) at least 3 ft. away from your screen, when using a computer, Smart phone, or iPad. Also turn WiFi off in your home, when asleep, if not using a cable system already. Avoid charging any electronic devices in your bedroom while asleep. Keep cell phone at least 6 ft and some say 30 feet away from your head if it is turned on while you are asleep.

Eliminate the SMART (electrical) meter and switch back to a manually read meter instead (Call PGE, SMUD, or your electric company to do this). See # 4a and #33 in the “General Clinic Recommendations” article on my website and look at Katie Singer’s book, [An Electronic Silent Spring](#), for more details about types of EMF and other exposures, as well as, what to do about them.

I also recommend that Adults and children take a nightly oral probiotic for 6 months after any oral antibiotic, to restore beneficial intestinal bacteria destroyed by the antibiotic. Adults and children that get recurrent strep throat also need more beneficial bacteria in their mouth and intestines. Children and adults can then take a chewable probiotic or open one capsule of **Bio-kult** and mix with a tablespoon of apple sauce and then swirl the applesauce around in the mouth). For increasing beneficial intestinal organisms, children and adults will also need to take probiotic capsules (which protect the beneficial bacteria in the capsules from being destroyed by our stomach acid). If a young child cannot swallow capsules yet, capsules can be opened and put in applesauce

Good food sources of intestinal bacteria include juiced, raw vegetables and fruits, fermented cabbage or other fermented vegetables, and unsweetened yogurts (ideally organic). Please see #14-15 in the General Clinic Recommendations article on my website for more details and how to order Bio-kult probiotic. Beneficial soil bacteria are also in juiced, unpasteurized, raw vegetable and fruit drinks (see #16 in General Clinic Recommendation article).

Remember what Marshall Rosenberg, author of Non-Violent or Compassionate Communication, would say which is “**Don’t do anything in your life that you can’t find a way to enjoy (i.e. love)**”. See the “Compassionate Communication” article in the Parenting section of articles on my website that summarizes what I learned during his 9-day International Training (i.e. expressing feelings, needs, making requests, active listening, cultivating gratitude, peace and love).

Express gratitude and awe. Surround yourself with work, activities, and people who represent “Goodness, Truth, and Beauty” in your life. Focus on being more loving and bringing more love into your life, since living in fear, whether from having worries or regrets about the past or worrying about the future, takes one out of the present moment, increases cortisol secretion from the adrenal glands, and thereby suppresses immune function.

Are you staying true to yourself? Are you living the life of your dreams? Are you doing work you love? Are you speaking-up for your values and truths? Are you truly alive and therefore feeling and expressing all of your feelings of anger, sadness, fear, and joy in a receptive way so you can make requests of others, that are heard? Are you talking to trusted and empathetic friends or a counselor about the shocks, disappointments, or stressors in your life, so they don’t affect the functioning of organs in your body or lead to accidents and illness, because of holding back feelings of anger, sadness, or fear (feeling joy becomes suppressed too!). When feeling overwhelmed and telling yourself that you are overwhelmed, it is like sending a message to your body to shut down and stop functioning.

A Healing Place for Children
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