

## Our Immune System

Acupuncture treatment has the effect of increasing the natural immunity inherent in the body. “Self-healing” is an abundant term used often simply because every body possesses a natural self-healing power. Stronger in our youth, the natural immunity in each body generally weakens with age.

Our environment and well-being plays an important roll; it is easier to catch a cold when our body is tired or exhausted. Our immunity system is built to fight off incoming viral or bacteria attacks, but our total health and well-being affects how well our immunity system functions.

For example, abnormal cells are can be produced within the body with a completely healthy immunity system. However, it is the function of the immunity system to monitor the activity of the abnormal cells and to then prevent further growth and development. Indeed, abnormal cells are born in our bodies on a regular basis, but thanks to a fully functioning immune system, their development is restricted before they can develop into something life threatening. However, if the immune system is compromised and weakened (due to mental stress, improper nutrition, or exhaustion), and the defensive function is lowered, the disease called cancer can form from these abnormal cells.

A weakened immune system can also allow a common cold to last longer than it should, as well as cause more physical harm than it should. This is why our basic immune system is so vitally important. Acupuncture is just one of the tools used by Traditional Chinese medicine to boost and maintain a healthy immune system.

Powerful cell receptors known as cytokines are important proteins used in our cells for the immunity function. Many studies have been reported that acupuncture promotes their use in NK and T cells, allowing our bodies to locate and attack pathogens quickly and effectively.

Acupuncture can stimulate the immune system as well as restoring balance to the autonomic nervous system. This is helpful in fighting off immune weaknesses that come from our environment and lifestyle, such as stress. Acupuncture improves blood circulation and helps relieve tension.

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The collection of individual cells that make up our entire body function effectively by communicating effectively. Proper cell function promotes anti aging as well as a healthy immune system. Acupuncture is a great tool to use for healthy living and staying young.

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