

discover how to boost your immune system at home

Here are some ideas we would like to share with our community to help you boost your immunity as well as your mental and physical health at home.

Tea

Contains health promoting substances which have anti-inflammatory and antioxidant properties.



Cold therapy

Exposing the body to a cold shower improves blood circulation and reduces inflammation and pain.

Essential oil bath

Aromatherapy oils infused into water help to promote detoxification and decrease stress and anxiety.



Music

Helps balance the frequencies in the body and reduce stress hormones that can suppress the immune system.

Immersion in nature

Phytoncides, a chemical released by plants, can boost the immune system.

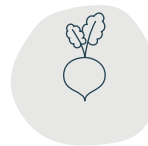
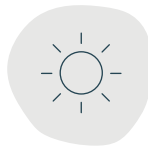


Laughter

Triggers immune cells and infection-fighting antibodies that improve your resistance to disease.

Sunshine

Vitamin D helps support the immune system by producing antibodies that can fight illness.



Healthy eating

The foods we eat modulate our immune system and can efficiently reduce the risk of infection.

Movement

Stimulates the lymphatic system to oust toxins from the body and lowers stress levels.



Meditation

Improves immune and cognitive function, helps cultivate healthy sleep patterns and reduces blood pressure.

Sleep

The most critical immune building processes happen in our sleep.



Hydration

Helps flush toxins, waste and bacteria from the body to fight disease and infection as well as strengthen the immune system.

For more information about health and wellness research visit peninsulahotspings.com/research

boost your immunity this autumn

partnerships with purpose



We define our success as a major health and wellness destination by the opportunities we create for people to connect with the environment, the community, each other and themselves. We partner with **Mentis Assist** and **Musculoskeletal Australia** to further these opportunities for people's mental and physical wellbeing.

To learn more, visit: peninsulahotspings.com/communityconnections