

Release
Restore



Sue Klassen

Stress, Trauma and Conflict Transformation Services

Boosting Immunity

I think a lot about immunity these days, as COVID-19 variants are increasing in our community. I am grateful to have received my first COVID-19 vaccination recently as an essential caregiver. I continue to take the precautions advised by health authorities, and care about supporting my natural immunity as well. Beyond eating well, sleeping well and getting good exercise, [relaxation techniques](#) from mindfulness to prayers to yoga can support a healthy immune response. Here are some tools to boost your immunity.

Research shows that **Emotional Freedom Techniques (EFT) boosts immunity and alters gene expression.**

In this [22 minute video](#), Dr. Peta Stapleton describes EFT's effect on gene expression and immunity, then demonstrates **how to tap to increase your immunity.** (For access to the research she cites, see * on next page.) EFT is a non-invasive and self-applied stress reduction tool that improves immunity.

Immunity Meditation: The 35-minute [EcoMeditation to Boost Your Immune System](#) uses acupressure (tapping), biofeedback, neurofeedback, hypnosis, and mindfulness. Research by Dr. Dawson Church shows that doing this meditation for one week **raises immune levels by over 100%.**

Finally, **Kindness may raise your immunity.** A [study at Harvard University](#) found that students who watched and reflected on a video showing Mother Theresa doing acts of kindness raised their levels of the immune marker salivary immunoglobulin (S-Ig A). Even thinking kind thoughts may raise your immunity levels. You may want to consider using this 20 minute [Loving Kindness Meditation](#) by Kristen Neff. Or just take a breath right now, full of kindness towards yourself.

May your immunity grow!

* **Research** cited by Dr Stapleton on gene expression and immunity:

- A [2016 pilot study](#) showed that, following one hour of EFT tapping, **72 genes** were affected in positive ways. These were linked to **immunity, anti-inflammatory, and neuronal processes** in the brain.
- Other studies have shown a gene regulation associated with inflammation and immunity following EFT treatment in war veterans with PTSD. Immunity increased, and psychological distress decreased in association with changed gene expression in stress hormones. (See [Babamahmoodi et al., 2015](#) and [Church et al., 2019](#)).
- [Bach et al. \(2019\)](#) show that tapping is associated with increased immunity and with multidimensional improvements across a range of physiological systems.

I'm passionate about supporting people in moving through the hard places in life with strength and resilience.

I love hearing from you. Let me know if you find any of the above resources helpful, or if there are others you'd like to share with me.

If you would like my support working through stress, trauma, conflict, or other hard spots, contact me at 226-792-8200 or sue@sueklassen.ca. Or visit my website, sueklassen.ca to learn more, including [rates for individual sessions or packages](#).

As spring begins to blossom, take good care of yourself, and be kind—especially to yourself.

Best regards,
Sue

Sue Klassen

[Release Restore](#)

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Peace.

It does not mean to be in a place where there is no noise, trouble, or hard work.

It means to be in the midst of those things and still be calm in your heart.

(unknown)

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