

Flowing Health



**3 SIMPLE STEPS TO SUPERCHARGING THE
IMMUNE SYSTEM**

Some principles/practice from the ancient Chinese art of Qigong

Wouldn't it be great if we could all stay healthy and recover quickly from dis-ease when we did get ill ?

It would be even better if we could prevent illness in the first place. We can do this by strengthening our physical body and our internal energy. Qigong can help greatly with both prevention and cure.

What if we could start the day more positively, have more energy during the day and stay calm when needed and not give in to fear?

I have been practicing Qigong, a 1,000 year old energy practice for body and mind for over 25 years. I want to share some simple tips for re-balancing and gathering our energy, allowing it to flow, clearing thoughts and transforming emotions like fear that do not serve us.

Click on link to watch



Supercharge your immune system, transform fear, help to protect against the corona virus and other illnesses and recover more quickly (20 mins video)

What follows are **3 simple steps to supercharging the immune system**



1. Re-organise and settle your energy, shake it out

Stand up for a few minutes frequently.

Some companies like Lego do not allow employees to sit for longer periods of time as the body can become lazy, slumped, the mind stale and we can build up tension.

When standing, do some general shaking of the whole body. Notice any areas of tension or heaviness and shake it out and down to the ground (earth) from the head to the feet.

This helps to re-organize our energy system and everything goes to its rightful place (the heavy yin energy to the earth, the purer yang energy contained in the body).

Then shake out from the head to the hands especially wrists, fingers, etc (most helpful if you work on computers a lot).

For a demonstration please watch the YouTube video link.



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2. Breathe fully, be present...

Our natural habit is shallow breathing especially when we are under stress and often we even forget to breathe (hopefully not for too long!).

Young children breathe from the lower abdomen, which is the ideal place, and as we become older our breathing moves higher up the body and may become a bad habit when it becomes too shallow.

One way to improve our breathing and relax more is breathe out from the mouth (imagine stuffy air) and fresh air in through the nose. This way we are refreshing the air in the body, helping to purify and oxygenating the blood and it can also help any foggy feeling lift from the mind too.



3. Special techniques for digesting your food quickly and transforming it into energy efficiently in 10 mins or so...

Click on link to watch...



Sometimes we can eat healthy food and if we do not digest well, it may not be of much benefit. Sometimes we can eat too much and overload the system. Sometimes we can eat less and get more energy. It may take more energy to digest the food than the energy we get out of it, depending on how efficient our digestion is and what we eat.



So food is a fascinating topic...

If we can strengthen our digestion, make it more efficient, absorb the nutrients from the food better, inevitably our immune system will become stronger and more resistant to illness. In addition, our relationship with food changes as we become more sensitive to foods that may or may not suit us.



Conclusion

You can integrate some or all of these ideas as a daily practice and into daily life until they become habits.

Use them more or less as and when needed. For example, meditation for longer periods certainly adds to our peace of mind, helps keep our emotions in check and adds to a deeper understanding of others and ourselves.

About Alessandro

I have been practising **Qigong** for over 30 years with my teacher, Zhixing Wang, teaching for over 15 years both groups, corporate and 1 to 1.

I discovered Qigong by chance , a never ending study and practice of human nature, energy, connection, universal and natural laws and the possibility of leading a joyful healthy life on so many levels.

I am so grateful to be able to share my Qigong experience and teachings with you . After all, this qi/energy is what keeps us and nature alive and thriving, and is always present. The challenge of how to connect to it and how to stay in tune with it is my continuing journey and I am excited to share it with you...

Qigong is a simple practice based on the connection with the primordial Qi/energy which is the **life force** of this planet, keeping us and nature alive, healthy and vibrant.

I have had a lifelong interest in energy, health and continue to study Buddhism, Taoism, among other Eastern philosophies.

In **Qigong** practice, we connect with the cosmic, universal qi, stay in tune and cultivate natural and healthy habits to benefit body, mind and spirit. It is mainly practised through simple energetic body movements and breathing techniques.

It is suitable and adaptable for all levels of fitness and all ages.”

What's next?

<https://calendly.com/flowinghealth/30mins>

Monthly membership group with live practice sessions
details on the link

<https://www.flowinghealth.co.uk/flowing-health-monthly-membership/>

1 to 1 work possible online too

"Flowing health--boost your immunity, happiness and health"

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Instagram <https://www.instagram.com/flowinghealth>