

6 Things That Can Weaken Your Immune Defenses

#1

Chronic and/or High Stress

When stress is chronic or prolonged, both the increase in inflammation and decrease in overall immune function can begin to adversely affect your health.

#3

Lack of Restful Sleep

Sleep supports both the stress system and immune system, so lack of quality sleep can make it easier to get sick and harder to manage stress.

#5 Lack of Exercise

Exercise has many benefits, including boosting the body's ability to fight off illness.

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#2

Junk Foods

Regular consumption of refined, sugary, fatty, or caffeinated foods or alcohol can wreak all sorts of havoc on your body, like increasing stress and fatigue and hampering immune function.

#4

Negativity

Positive emotions can enhance the immune system, while negative emotions can suppress it.

#6 Lack of Socializing

You tend to feel better (and stay better) when you have positive social interactions with others.

got stress?
we've got the solution.®

