

Boost Your Immune System In ONE Minute Only

Never Catch A Cold Again!



There are a gazillion suggestions out there on how to boost your immune system. They often include the obvious such as eating healthy, washing your hands regularly, taking your vitamins, getting some exercise and fresh air. These are all good suggestions for following a healthy life, but what do you do when it is urgent? It is too late to start eating healthy the day before you are bedridden with a nasty cold, and exercising at that point is probably the last thing you would be thinking about.

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How I Avoid Catching A Cold

There are a gazillion suggestions out there on how to boost your immune system. Often they include the obvious such as eating healthy, washing your hands regularly, taking your vitamins, getting some exercise and fresh air.

These are all good suggestions that we should follow for a healthy life, but **what do you do when it's urgent?**

It's too late to start eating healthy the day before you are bedridden with a nasty cold, and exercising at that point is probably the last thing you would be thinking about.

I have found an easy trick that works every single time I feel a cold creeping up on me. It doesn't require any effort at all and you can do it anywhere, even while you're having a conversation with someone!



We all know what it feels like when we are about to catch a cold or a flu. The aching in the body, the tickling in the nose and that beginning of a sore throat, that is creeping up on us. Well, if you follow the steps I'm about to give you to the letter, you may not have to let it get any further than that ever again...

Here is how it started:

I used to suffer regularly from colds and flus. 2-3 or even 4 or 5 times a year used to be normal for me. It was really tiring to have sore throat and runny nose that often, and I was sick of it.

I stumbled across this easy-to-use trick about 4 ½ years ago, and since I had my fair share of colds I decided to give it a go. I happened to feel another cold coming on at the time. I felt it in my body that it was coming. I tried out this quick little one-minute exercise and found that the achy feeling in my body quickly disappeared. The beginning of a sore throat and the tickling in the nose were soon gone. The first time it happened I decided it was just a coincident. I thought: "Perhaps it wasn't a cold coming on after all."

6-7 weeks passed by, and the same symptoms came back. Another cold was definitely on its way! I tried out this free natural trick again and all the symptoms disappeared... again.



Perhaps it wasn't just a coincident after all...

Now over 4 ½ years have passed by and I have not had a single cold since I discovered this little secret. Every time I feel the those well-known symptoms in my body, no matter where I am, I take one minute – **just one single minute** – to do this short exercise I'm about to teach you, and I am on my way back to a symptom-free life. **Does it sound too good to be true? No – This actually works!**

So, what is this all about?

It's all about breathing – and about NOT breathing.



Nature has given us two types of breathing;

1. “Slow and Easy” - Slow easy breathing which we use when we are relaxed
2. “Fight or Flight” - Short and quick breathing when we are scared

Our normal breathing should always be slow and easy – always through the nose, not through the mouth.

Our “Fight-or-Flight” breath sets in when we need to alert our body to be aware. You know; that startled short breath that zips you up – quick and harsh, when you get scared.

We all breathe to stay alive, and we stop breathing for a second or two when we get frightened or scared. This is a natural instinct in all of us and we can develop this further to our favor and use this in many different situations.



Already in the mother’s womb every fetus use this method.

In your mother’s womb you were always moving – a slow, easy rocking-movement forward and backward with your head and chest, as if you were nodding. If you had a trauma while you were still in your mothers womb, either emotional (your mother in an argument or a door slamming) or physical (like your mother smoking a cigarette) you would stop that movement abruptly, as if something had startled you. It would then take up to 15 seconds before you would reassume the usual slow and easy movement again. This is the un-born baby’s way of defending itself. You can look upon it as a reset-button – a re-set button for the immune system.

As a new-born baby you are connected to this movement you knew so well with your breath. Every time you were calm, happy and satisfied you would start to slowly rock forwards and backwards, an almost invisible movement with your upper body, possibly raising your head a bit too in a slow nodding up and down, as a silent, almost invisible yes.

Now as an adult you have probably forgotten all about this ancient movement that followed you as an infant. We are going to re-discover this inborne, natural movement again and begin using it any time we feel it’s needed.



In this report I will focus on how I use it to quickly reset my immune system and avoid catching a cold.

We will put the slow and easy rocking movement to the side for the moment. We will concentrate on the abrupt stop in the movement that occurred every time you would experience a trauma while you were still in your mother's womb.

So here is my one-minute exercise:

1. Sit upright and relaxed.
2. Breathe slowly through your nose 2-3 times.
3. Exhale slowly, empty your lungs completely and hold your breath as long as you possibly can. Keep your mouth closed all the time.
4. Only hold your breath until you feel a slight discomfort. You are not supposed to go blue in the face or faint. That is not good for you. ☺
5. When you really have to start breathing again, breathe slowly through your nose for another 3-4 breaths, until you feel ready to hold your breath once more.
6. Exhale completely again, empty your lungs and hold your breath once more as long as you possibly can. Remember to keep your mouth closed.
7. Again, when you really have to start breathing again, breathe slowly through your nose for another 3-4 breaths, until you feel calm enough to repeat the exercise a 3rd time.
8. It is important to repeat the exercise for at least 3 times. You can continue with more repetitions if you want, but you need to repeat holding your breath for at least 3 times.
9. Now, go on with your daily life as normal.
10. Repeat the exercise whenever you want, wherever you want – remembering to do at least 3 repetitions of holding your breath each time.
11. Continue repeating the exercise regularly 3-4 times during the day until you feel the tickle in your nose, the heaviness in your body and the beginning of a sore throat vanish.
12. Should you still feel the cold coming on the following day, continue repeating the exercise 3-4 times a day until the sensation of aching is completely gone.

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A tip: I prefer doing this exercise when I'm in the car. I find it a lot easier to hold my breath when I'm moving, because I can fix a point in front of me, and try to hold my breath until I pass it. Then I always try holding the breath for just a bit longer.

If you pay attention you will notice that while you're holding your breath, after a certain amount of seconds of holding your breath something triggers your alertness. I noticed that while I was driving through Italy during the night. I was quite tired for a moment, but the exercise of holding my breath quickly made me alert and awake in seconds.

With this one-minute exercise you have the key to boost your immune system. A re-set button, if you will.

I hope this little trick will be of just a big help to you as it is for me. I use it regularly. In fact, I do it almost every day when I'm driving to work. It just takes a minute. Try to remember to do it next time you feel you are about to get a cold.

Have fun with this little one-minute exercise. Play with it and then let me know in what areas of life this re-set button has helped you.

Let me hear about your success!

I will come back to you with more tips and tricks on how to live a healthy life, so look out for my emails 😊

Best regards

Monica

Keep an eye on your inbox - In one of my next emails I will tell you how I cleared my chronically stuffed nose with a funny-looking trick.

