



Tips to keep you airborne!



Let's get Sticky
March 2020

With all that's circulating the globe at the moment, staying well-informed from reliable feed sources is indeed highly prudent.

However, if you sense you're getting sucked into late night news networks, do yourself an immeasurable favour and make a habit of shutting off all digital devices at least one hour before you plan to retire for the night.

This, I might add, goes without saying that it will be at a reasonable and regular hour!

Now, at the risk of sounding like your mother, just know that it's with the sole intention of encouraging you to give your immune system an added boost. Did you know that whilst you're in the dark depths of slow-wave, delta sleep, your body's T cells, immune cells that fight pathogens, including virus-affected cells, get bolstered so that they can do their job more effectively?

At night, when you slip into the arms of Morpheus (the Greek god of sleep) and put all the normal worries and stresses and strains of the day behind you, your adrenaline and noradrenaline levels drop, in the process letting these magical T cells ramp up their superpower, which is to activate integrins, sticky proteins that allow them to attach to and kill infected cells.

The lower your stress hormones, the stickier they become!

How cool is that? It's the kind of stuff Marvel movies are made of.

So, need I say any more?

Sleep rocks!



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Here's to marvelling at the body's magnificence and sticking to a solid bedtime routine so that you can boost your immune response.

Aim for between 7 and 9 and you'll be spinning on a dime. Till next month...

Caroline

PS - Whenever you're ready, work with me directly to see how you, and/or your team can boost your wellbeing through the power of sleep, send me an email with "yes, more information please".

Spread the word...



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