

# How to Boost Your Immune System Effectively by Traditional Chinese Medicine (or TCM)?

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## What Is Really Immune System?

Some doctors might mention the lymph nodes or white blood cells etc. But in reality, immune system can be defined as your body vitality or ability to resist any intrusion of colds, bacteria, virus and capability to fight against toxins or any harmful or abnormal substances within your body.



## What Are the Symptoms of Low Immune System?

A lot of symptoms will start to show when your immune system is low. You may easily catch a cold or flu. You may suffer from chronic fatigue. You easily get joint inflammation. You lack motivation or energy to pursue new things. You get easily irritated. Your skin might start to get wrinkled. To be exact, almost all of the health problems is ultimately related with weaker immune system, including cancer.



The immune system is the key to fighting every kind of insult to the body. The immune system condition can also affect how fast a person's biological aging speed. It is apparently vitally important and every one should know about it.

## Are the Tips or Advices on the Market Really Right or Working?

If you read articles about immune system, you will find tons of advices or tips. Some might work, most not. Some advices might even lead you to the wrong direction. Good advices would be:

- . Reduce your stress as it will greatly suppress your immune function
- . Exercises (Walking, Jogging, Hiking, Bicycling, Outdoor exercises are better than fitness ones)
- . Eat well balanced healthy natural food



Most people including doctors often suggest vitamin or calcium supplements. Some people even suggest taking antibiotics or immunization. In my and some TCM doctors' view, these could actually lead you to the wrong direction of real immune system improvement.

### **Why Should You Dump Your Vitamin Pills?**

There is a myth as many people even most family doctors recommend people to take vitamin C pills to help boost your immune system. Real traditional Chinese medicine doctors will not recommend that simply because the vitamin C from the pills doesn't equal to the vitamin C from natural food or herbs. Anything through refining process becomes small molecule which can be easily absorbed by cancer cells. Also, these refined pills will release the important water in your body and could cause other health issues. In contrary, nutrition from natural food comes in the format of large molecule and can be absorbed by your normal body cells, but not cancer cells. All the varieties of vegetables and fruits contain large amount of vitamins and fiber that your body needs. So why take those refined product to increase risks of encouraging cancer or abnormal cell growth in your body? Just eat balanced natural colorful food.



## Why Do Good TCM Doctors Say that Calcium Pills Shouldn't Be Recommended?

Almost all family doctors would recommend people to take calcium pills, more or less, especially when there is any bone issue. Yes, we all need calcium. But not in refined format. Calcium in most calcium pills on the market cannot be absorbed properly. It will stain on your bone like a nail on a loose wall. You may temporarily feel better or stronger, but in the long run, it could even damage your bone.

The best way to get or supplement calcium, again is from natural food. Milk or soy milk is a good way.



Beans or even vegetables contains quite some calcium. And they are more natural and easy to be absorbed. Most popular and effective ways Chinese people use are to boil bone soups with a bit of vinegar and salt. This can be any type of bone, such as fish, beef, pork, chicken, duck etc. And it's tasty too.

Last but not least, sun exposure and exercises are very important to increase your bone density. Bone is governed by kidney from TCM principle. Anything that can help boost your heart and kidney function would be beneficial to the bone health. To know more about traditional Chinese medicine and how it can help you, please visit [www.clicktcm.com](http://www.clicktcm.com) often to view frequent content posts. And you can also sign up for the free health articles or videos delivered to you.

## How Does Traditional Chinese Medicine Work to Boost Immune System Effectively?

In addition to mental stress relief, exercises and healthy diets, traditional Chinese medicine (TCM) emphasize the stomach/spleen system and treat this as the foundation of good immune system. When a person has health issue, the first thing to check is to see whether his stomach/spleen function normally.

Many people including so-called nutritionists tell people to eat this or not to eat this. Most likely two nutritionists tell you very different things. If you follow them, you will find there is nothing you can eat.



So why not relax and just enjoy your food? Either berries, apples, or carrots, each natural food has its own nutrition. No two fruits or vegetable have exactly the same ingredients. So variety and balance is the key.

However, there are some basic principles to follow from Chinese medicine point of view. It is based on general nature principles such as four seasons, local food types, food color, smell or tastes, shapes, parts (seed, flower, leaves or stalk, etc). You might have heard of "Eat locally produced and seasonal food".

That's right and well in line with traditional Chinese medicine theory. Generally speaking, all you need to do is to follow the seasons and have a good combination of all these. When you have particular health problem, you will then be advised to adjust based on the body situation, aiming to bring the body balance back. For more health information, you can visit our website [www.clicktcm.com](http://www.clicktcm.com).

## Simple TCM Acupressure Massage (TuiNa) to Protect Your Stomach/Spleen and Boost Your Digestive System Which is the Foundation of Good Immune System:

While there are many exercises you can try, here is one of the most effective daily TuiNa exercise you can do. This is based on the 12 meridian acupuncture channels and points. While you can do such special massage anytime to help you relieve your stress and boost your digestive system, it's better to be done in the evening before you sleep or in the morning before you get out of the bed. But it's not recommended right after your meal. Wait for near 1 hour before you do this.

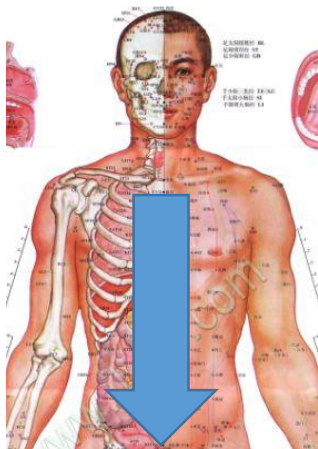
This is also the massage you should do to your kids when they have any stomach or digestive issue. But make sure you apply some heat around his tummy before you do that. And make sure your hand is warm. A general guiding principle is that you need to make his abdominal area warm all the time.

A lot of times when you do these TuiNa massage, you will hear bubbling sound in your tummy. That's a good sign – it means the Qi is moving. So continue to do it every day. Best result is expected when you do 30 minutes each day at bedtime.

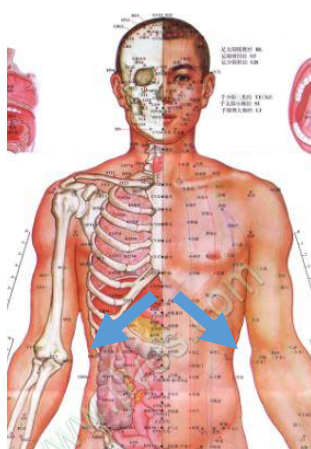
The diagrams below show you the general exercise area with a lot of important acupuncture /acupressure points.

### Abdominal massage or TuiFu (推腹):

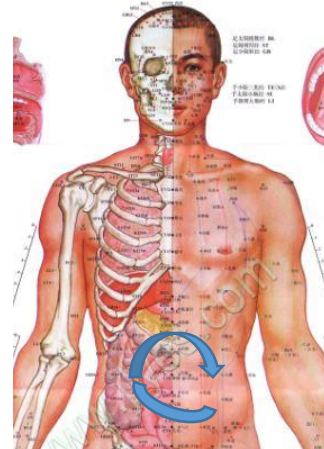
**Step 1:** Overlap your hands (or wrap one hand around the other fist), use a bit force to push down from mid of your chest to the bottom of your belly, as shown in the diagram below. Do 20 times.



Step 1: Press along the mid line from chest to the bottom of your belly



Step2: Press along the Ribs



Step 3: Massage around the belly button -clockwise



**Step2:** Use your right hand to push along the edge of front ribs on the left side, and use your left hand to push along the edge of front ribs on the right side, as shown in the diagram above.

**Step3:** Use right hand (or left if you are left handed) to massage around the belly button in clockwise direction, from your right to left.

Click below to access video demonstration for TuiFu (推腹):

[https://www.youtube.com/watch?v=S9xxBI\\_rGQY&feature=youtu.be](https://www.youtube.com/watch?v=S9xxBI_rGQY&feature=youtu.be)

### Apply Acupressure to the Following 3 Main Acupuncture Points Often:

He Gu (合谷): You can find the location here: [www.clicktcm.com/HeGu](http://www.clicktcm.com/HeGu)

Nei Guan (内关): You can find the location here: [www.clicktcm.com/NeiGuan](http://www.clicktcm.com/NeiGuan)

ZuSanLi (足三里): You can find the location here: [www.clicktcm.com/ZuSanLi](http://www.clicktcm.com/ZuSanLi)

### What Should You Do When a Child or Any Family Member Is Sick?

When a person gets sick, his immune system is fighting against bacteria, viruses, or trying to get coldness or toxins out of your body. Your body vitality is low so the digestive power is weak. At such times, people normally find themselves with lower appetites which is normal. So you should avoid greasy or too heavy stuff. Try some rice congee or boiled vegetable or noodle with a bit salt. Try to eat small portion even when you feel like eating normally. The whole purpose here is to recover your stomach/spleen function and power as soon as quickly. Even after you feel better, try to increase food intake gradually, but not sharply.



I hope you find these TCM remedies helpful. If you like it and want to share with your friends or on social media, please make sure no content can be modified and the original author Ruth Liu and website link [www.clicktcm.com](http://www.clicktcm.com) have to be included.

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**Keyword**

Immune system, stress symptoms, what is stress, anxiety, depression, manage stress, exercise, TuiNa, abdominal massage, TCM, traditional Chinese medicine