

Corona Days – Evaluations and Responses

At this time a strong immune system is of the utmost importance, and we must use every possible method available to us in order to strengthen and improve its function.



This ensures that we gain a little more control over both our physical and mental health, more control over our thoughts, fears, anxiety, and the emotions that these thoughts arouse. This is crucial until an effective inoculation or medical treatment are found. It is also important because of many possible new different viruses that may emerge as has happened with the flu virus.

In as much as it is up to us, it is very important to provide our bodies with the best possible conditions to cope with exposure to a variety of viruses. We don't want to remain isolated from people and our natural surroundings where there are beneficial bacteria for our immune system, which help protect us and make our lives safe.

What we can do during the Corona days and afterwards, in fact always, is manage two related areas: our physical pressure and emotional stress. Studies show that pressure and stress have a direct and significant effect on the functionality of our immune system.

Physical Stress

The key to improving communication and transfer of information between the brain and the body, is reduction of the stress on the nervous system in order to improve the brain's management of the immune system's functionality. Use of **Respine4u** enables us to take the initiative and control into our own hands, to avoid neglect. Don't put it all aside and wait till you have pain; rather reduce the stress and pressure at all times.

Emotional stress, tension and anxiety

Our emotional stress stems from the necessities of our regular and familiar lifestyle. Now we have added emotional tension derived from the fear of contagion, of being ill and having to be hospitalized due to severe illness, or even fear of dying. We are stressed because no inoculation has been found.

The thoughts and feelings that accompany all this, weaken our immune system and it is therefore important to allocate at least an hour a day, to reduce and release emotional stress.

Using Respine4u awards us with tranquility, relaxation, respite, meditation and resetting our thoughts to improve our emotional state.



Additional information can be found on our website

<https://en.respine4u.com/blog>

Or contact us at info@respine4u.com

Link to the [information page on the website](#)

This message was composed by the Respine4u Team, based on knowledge and practical experience accumulated since 2006 in the field of back pain and the nervous system.

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