

PERSONAL IMMUNITY ENHANCEMENT
Resilience training for in response to the coronavirus epidemic
WITH PSYCHOPHONETICS ©

'Stress Weakens the Immune System'

American Psychological Association <https://www.apa.org/research/action/immune>

*"...the way we react to stress and the general health of our immune system are things we can influence.Ongoing stress makes us susceptible to illness and disease because (it) severely **depresses our immunity**. **Stress is responsible for as much as 90% of all illnesses'***

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Psychology Today, <https://www.psychologytoday.com/us/blog/how-the-mind-heals-the-body/201411/how-stress-affects-the-immune-system>

*"...beneath to the causes and **effects of stress**, lies a dialogue between two systems: **the brain and the immune system**.*

*The biology of stress spawned a new research discipline: **psycho-neuro-immunology**".*

Abdulla, S. Stress and immunity. *Nature* (1999). <https://www.nature.com/articles/news990527-7>

WE CAN ENHANCE OUR IMMUNITY - I wish to contribute a note of hope, encouragement and personal empowerment into the general discourse today in the face of the panic, chaos, paralysis, powerlessness and growing state controls, caused by the spreading of the coronavirus pandemic: **each one of us can make oneself more resilient in the face of this danger by directly enhancing the power of one's own immunity.**

Humanity is attacked by a virus for which it has no medical answer. People in 190 countries are infected, some dead, some dying, and life as we knew it is severely interrupted. Everything is on hold, borders, businesses, schools, cultural events, shops, coffees, taxis – all close. Some big cities including Prague are locked out, and panic is everywhere. But people also recover: as of today 22nd March 2020 – 308,609 people were infected, 13,069 died from it, and 95,829 recovered. In China, the source of it all – no new infections were reported for the past 3 days, and the authorities have started to reopen parks, cultural centres and restaurants. No vaccine has been created yet. How did all these people recover? How come 93% of the 11,000,000 people of Wuhan (the first city to be locked down) were not infected at all?

THE STRENGTH OF ONE'S IMMUNITY DICTATES THE LEVEL OF RISK - when the dust will settle and the panic will calm down, I have no doubt that one solid factor will emerge everywhere: **those with a stronger immune system did get infected, if they got infected – they did not show symptoms, and if they showed symptoms – they did not die from them.** All the imposed restrictions may help prevent the spread of the disease, but not to cure it. A vaccine has not been created yet, but even when it will be created – a vaccine cannot cure you of the infection. All a vaccine can do is to stimulate your own individual immunity. The strength of the individual immune system is the decisive factor regarding infection, symptoms and death. That is why amongst infected people of the age of 10 – 30 the death rate is 0.2% and amongst people aged 70 onwards it is 8% to 14.8%.

We cannot change our age, but we *can* change the strength of our immunity at any age.

CHRONIC STRESS DESTROYS THE ORGANISM - Short-term acute stress is the body's reaction to dangerous situations by mobilising the hormones required for quick, effective responses, including adrenaline and cortisol (and many more). They cause stress responses including increased heart rate, fast breathing, muscle tightening, high blood pressure,

Chronic stress lasts longer. The body stays alert even though the danger is over. **Adrenaline** increases heart rate, elevates blood pressure and boosts energy supplies. **Cortisol**, the primary stress hormone, increases sugars (glucose) in the bloodstream and the availability of substances that repair tissues. **Cortisol also alters immune system responses** and suppresses the digestive system, the reproductive system and growth processes, all detrimental to health when becoming chronic conditions.

Over time, this creates health risks including: **weakening of the immunity**, Diarrhea or constipation, Forgetfulness, aches and pains, Headaches, Lack of energy or focus, Sexual problems, Stiff jaw or neck, Tiredness, Trouble sleeping or sleeping too much, Upset stomach, Use of alcohol or drugs to relax, Weight loss or gain, agitation, moodiness,

feeling overwhelmed, losing control, inability to relax and to rest, avoidance, feeling self-negative, depressed and helpless . Stress as the cause of weakening of the immunity is our concern here.

STRESS SUPPRESSES THE IMMUNITY - The major components of the immune system are the lymphocytes (T and B types) and macrophages. They patrol the body, ready to find troublesome pathogens (bacteria, viruses, parasites, abnormal cells) and destroy them. The lymphocytes are being produced by the bone marrow, the thymus and the lymphocytes themselves. The lymphocytes receive input from the sympathetic nerve system, totally unconsciously. lymphocytes and macrophages respond to the stress-response system which causes the adrenal gland to produce steroids, which suppress their immune responses. **This is a short outline of how stress blocks immunity.**

But stress is caused by two major factors: 1) **physicochemical** factors, which diet and lifestyle can affect, and 2) **psychological** factors: emotions, frustrations, reactions, anger, anxiety, defences, conflicts, negative thoughts, fear. These factors are potentially in our control. If only we could enter consciously into the formation of these emotions and the impact they have on the body – we could control the level of our stress and consequently protect the strength of our immunity.

Psychophonetics is a method of self-awareness and self-control which can contribute directly to the strengthening of people's immunity. It works on the assumption that one's strength of immunity is an expression of the general strength of one's vitality as a whole, and that controlling the level of unnecessary stress can elevate one's vitality and immunity. While measuring and monitoring the level of one's immunity is not possible - individuals can measure their own level of vitality at any given point by self-rating scales. By helping people to identify their psychological stress-factors and alleviate them we can help them to directly enhance their life energy. Psychophonetics can help people to identify and to transform the stress-factors that make them weak; it can also help them to identify the factors that make them strong – and enhance them. That is our major thesis and this is our response to the threat of the coronavirus pandemic.

PACE – Psychosophy Academy of Central Europe will offer short courses and seminars on Increasing Personal Immunity to the Public and Health Care Professionals in Various Places in Slovakia as soon as possible. We are currently working on the creation of an Internet platform where at least partial knowledge of the tools will be available to everyone to strengthen their own health.