

# Age-Defying & Disease Defence Plan

## Strategy #2 – Create a Positive Mind-Body Link

In the relatively new field of psychoneuroimmunology, increasing important links are being discovered between healthy mental and emotional balance and positive immune system functioning.

The balance suggests that the way we think and react emotionally on a daily basis can have a profound effect on the functioning of the immune system and the average quality and quantity of health enjoyed.

So, practice positive thinking and take a couple of deep breaths before you react to daily stresses. Try laughing daily to reduce stress hormones.

