

A GUIDED WORKBOOK AND JOURNAL WITH PROMPTS TO CALM ANXIETY, RELIEVE STRESS, AND PRACTICE DAILY SELF-CARE

THE 12-WEEK
Anxiety
Relief

**WORKBOOK
& JOURNAL**

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HERBAL ANTIVIRALS Angela Winston, 2023-05-31 The body is protected from harmful intruders like viruses bacteria fungus and parasites by the immune system which is a complex network of cells tissues and organs It is necessary to have a healthy immune system in order to keep one's health in good standing and having an immune system that is fully operational is essential for warding off infections preventing sickness and promoting overall well being Immunity can be broken down into its two primary subtypes innate immunity and adaptive immunity The initial line of protection that the body has against infection is called innate immunity and it is there from the moment of birth This form of immunity is characterized by the presence of both physical barriers such as the skin and mucous membranes and specialized cells that are able to identify and eliminate invading pathogens On the other hand adaptive immunity is a highly specialized form of immunity that develops over the course of a person's lifetime The creation of antibodies and immune cells that are able to identify and eliminate particular infections is an example of this form of immunity Adaptive immunity is necessary for the development of natural resistance to vaccines as well as the protection of the body against recurrent illnesses The immune system is very intricate and is composed of a diverse assortment of cell types and signaling chemicals White blood cells such as T cells and B cells as well as cytokines and chemokines which are signaling molecules that help coordinate immune responses are some of the important actors in the immune system Other key players in the immune system include antigen presenting cells and dendritic cells It is absolutely necessary to have a healthy immune system in order to protect the body from a wide variety of infectious agents Infections can cause a broad variety of symptoms some of which include fever coughing and weariness in extreme circumstances infections can even result in the fatality of the patient

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