

# Episode 5 – Boosting Your Immunity & Wellness

## Growing Stronger: Rising Beyond Fear Podcast



*“A doctor who treats disease after it has happened is a mediocre doctor.  
A doctor who treats a disease before it happens is a superior doctor.”*

**Yellow Emperor**

### Key Insights from this Episode

1. Listening to the body’s innate ‘health whispers’ is vitally important
2. A body in stress becomes a greater conduit for dis-ease
3. Building greater immunity starts by bringing the organs back into balance
4. Minimise our stress-induced responses and we prolong our life
5. Eating foods in season is fundamental to maintain good health & immunity
6. The TCM 5 element model provides the pathway to return to vital health
7. Actively pursuing our passions points the way home to a happy life



### Questions for Awakening

1. Where am I holding tension in my body? What is this telling me?
2. How can I move my energy (chi) more freely today?
3. What seasonal vegetables/fruits am I drawn to in this moment?
4. How can I allow my organs to feel greater peace & certainty now?

### Core Message from this Episode

Within the ancient art of Traditional Chinese Medicine, maintaining states of ‘optimal wellness’ is key. Your body, organs and energy are constantly speaking to you. When imbalances exist or energy is blocked, then stress, tension and dis-ease have room to manifest. By learning to listen to the body’s innate intelligence, we can learn to effectively rebuild our natural immunity, strength and physical resilience.



**The one insight I’ll implement this week is ...**

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**START**