

# TO BOOST YOUR IMMUNITY

## what you need

Health concern is growing worldwide by many factors such as risk of various viruses. Meanwhile the function, called "immune system", to resist pathogenic bacteria and viruses inheres in human body. In addition to hand washing and gargling, let's strengthen the immune system to prevent your body from external enemies!

### 1 Sleep well

Sleep helps not only to have a rest for your body but also to strengthen immune system. We highly recommend you to pursue better quality of sleep in many ways when you are unable to have enough sleeping time.

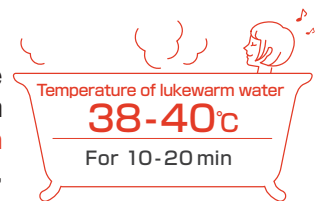


#### To improve quality of sleep Tips

- Soak in a bath
- Do light exercises during daytime
- Stay away from caffeine
- Do not use a smart phone before sleeping

### 2 Warm a body

As it is generally said "immune strength can be weakened by 30% when the body temperature falls 1 degrees Celsius", the key is to keep your body from cooling down. One of the effective methods is to soak in a bath. Your body can be relaxed by having a good soak in 38-40 degrees Celsius lukewarm bath, which leads you to having a good sleep too.



### 3 Avoid accumulating fatigue

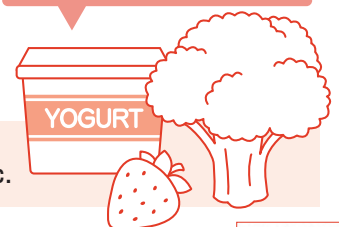
Accumulation of fatigue can weaken immune strength, which can be a cause that you get more tired. It is a vicious circle. In order to get rid of tiredness, it is important to take adequate nourishment, sleep well and have a relaxing time as you like. Relieve fatigue and get your energy back!



### 4 Prepare the Intestinal Environment

The intestine is the "largest immune organ". Approximately 50% of the immune cells of the human body are present in the intestine. In order to stop the invasion of pathogenic bacteria and viruses, prepare the intestinal environment by eating fermented foods rich in good bacteria and dietary fiber that feeds good bacteria!

Take various nutrients in good balance!



#### Increase barrier function Recommended ingredients

Strawberries, lemons, broccoli, chicken breasts, natto, yams, seaweed, etc.

Check in more detail on the web ▶



Please see the application points for strengthening the immune system introduced on the backside.

# An Acupoint for strengthening the immune system



## How to press an acupoint



It doesn't have to be a strong stimulus, just apply power tape to the acupoint, apply METAX LOTION around, slowly add good pain pressure using the part of the belly of the thumb from the top of the tape, and keep it for 5 seconds. If you want a little more stimulation, it is also recommended to stimulate slowly drawing circles. If the place is in bad condition, you may feel stiff or painful when giving the pressure. Doing it every day makes it easier to feel the changes from day to day, so please give it a try.

## Phiten Body-Care Adviser



Toru Chino

He is in charge of body care and training guidance for many athletes, including coaching the Waseda University Athletic Club (Field and Track). He holds seminars nationwide.



Yuichiro Suzuki

He pursues body care that makes use of Phiten unique technology. He also carries out self-body care awareness activities in addition to treatment and trainer activities.



Hiroki Watanabe

He has been involved in a wide range of activities such as participating in artist tours, caring for Ekiden runners, and self-body care awareness activities.

## Give a try pressing acupoints!

An acupoint which is effective for various disorders. It is also recommended for the onset of colds and disturbed independence.



### Place to Apply

At the base of your thumb and index finger, slightly on the index finger side

An acupoint which is effective against gastrointestinal disorders caused by stress. It is said to be effective for stiffness as it improves blood circulation and circulation.



### Place to Apply

Where the bones of the thumb and forefinger meet on the instep. **More effective to press both acupoints of hand and foot together!**

### For Sleep

An acupoint that calms an aroused nerve and induces drowsiness. Besides resolving sleeplessness, it is also effective in chill of the lower body.

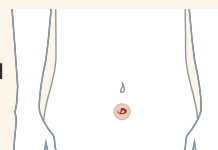


### Place to Apply

A place with a slight depression in the center of the heel of the foot

### For Chill

It is an acupoint that promotes blood flow throughout the body and warms the body. A place that can be called a source of energy.



### Place to Apply

About 2 fingers down from the navel

### For Fatigue

An acupoint where your physical strength and energy erupts like a spring. Increase stamina on the entire body to eliminate fatigue.

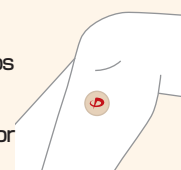


### Place to Apply

A place where the front of the arch, the most depressed place when the toes are bent

### For Gastrointestinal

An acupoint that regulates gastrointestinal function. It helps boost immunity by activating the intestine where immune cells gather. It has been used for healthy long life from long ago.



### Place to Apply

About 4 fingers down from a depression under the kneecap when bending your knees

## Spin-off (Knead nails)

The important acupoints are densely gathered on both sides of the fingernail, so it is effective to lightly stimulate them while picking them up. By stimulating the fingertips, it promotes blood flow to the limbs and improves immunity. If you do the same for your legs, you can expect to improve your swelling.



Just apply where concerned



Easy to use

PHITEN POWER TAPE

Contents / 70marks



Citrus scent



Good for self-massage!  
Smooth even after applying

PHITEN METAX LOTION

Contents / 120 ml

