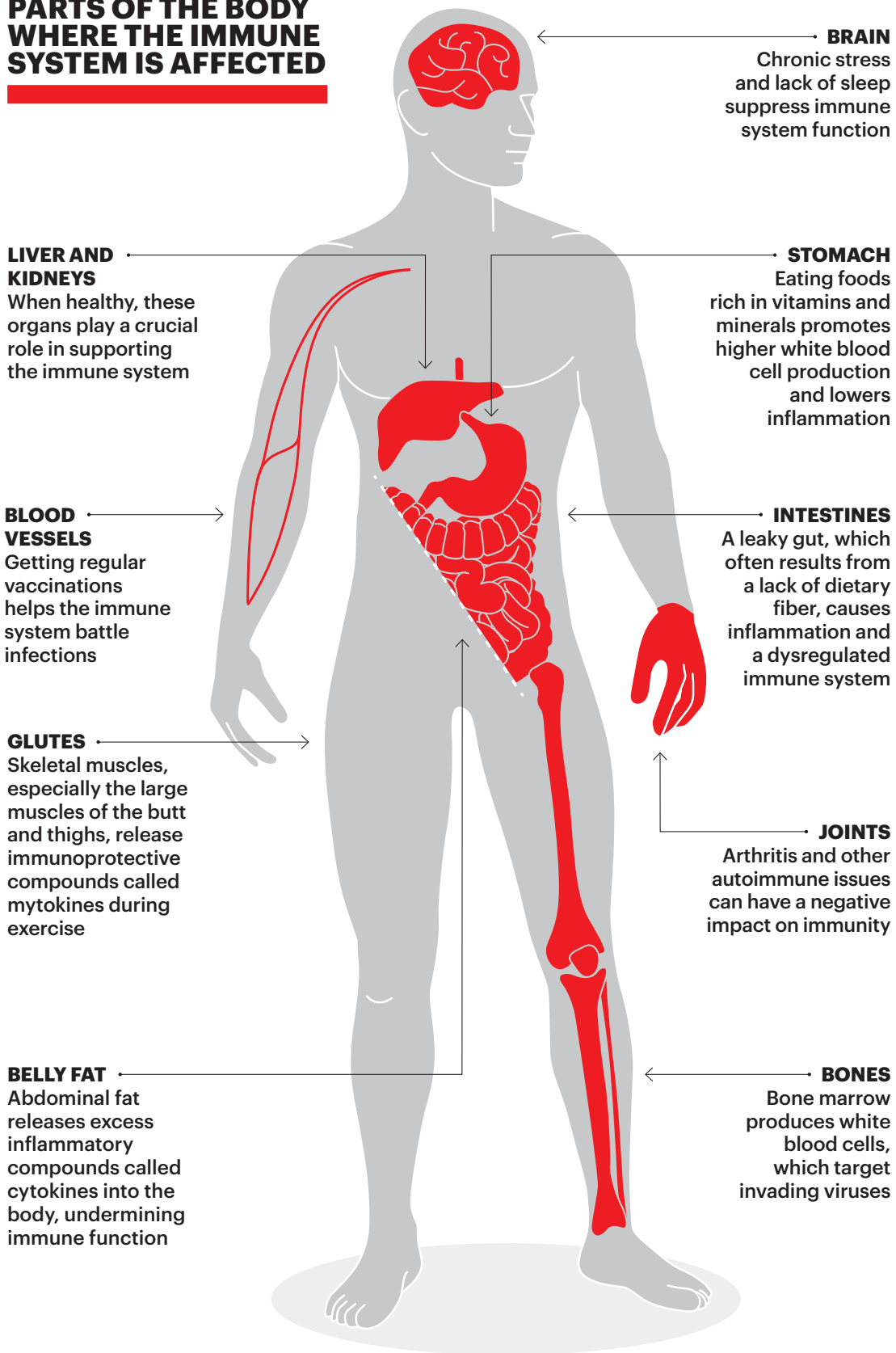


PARTS OF THE BODY WHERE THE IMMUNE SYSTEM IS AFFECTED



BRAIN
Chronic stress and lack of sleep suppress immune system function

LIVER AND KIDNEYS
When healthy, these organs play a crucial role in supporting the immune system

STOMACH
Eating foods rich in vitamins and minerals promotes higher white blood cell production and lowers inflammation

BLOOD VESSELS
Getting regular vaccinations helps the immune system battle infections

INTESTINES
A leaky gut, which often results from a lack of dietary fiber, causes inflammation and a dysregulated immune system

GLUTES
Skeletal muscles, especially the large muscles of the butt and thighs, release immunoprotective compounds called myokines during exercise

JOINTS
Arthritis and other autoimmune issues can have a negative impact on immunity

BELLY FAT
Abdominal fat releases excess inflammatory compounds called cytokines into the body, undermining immune function

BONES
Bone marrow produces white blood cells, which target invading viruses