

# **The Easy & Fun Way to Make Your Immune System Work Better**

## **Video Transcription**

<https://www.kendraburrows.com/improve-immune-system/>

I absolutely love that God gave us the ability to have pleasant experiences and enjoy them, and that he even created those pleasant experiences to have an increased health advantage for us.

Hi, I'm Kendra Burrows. And I love helping smart successful over-thinkers change their negative thinking, using Scripture and the science of how God made us. I want to talk about this a little bit today.

In Psalm 139:14, King David wrote, "I praise you for I am fearfully and wonderfully made. Marvelous are your works, and I know this very well."

And he was right. God made us incredibly well -- and that includes our immune systems. So today, I want to geek out a little bit and tell you about a research study that shows something that we can do that's really easy to improve our immune systems.

This particular research was conducted in 1994 by Arthur Stone and his colleagues, and here's what happened: Participants were asked to keep a daily diary every day, for 10 to 12 weeks, depending on the study. And in their daily diary they recorded their mood, as well as any desirable and undesirable events that had happened during the day.

Now, each morning, the participants were asked to swallow a pill, and that pill contained what's called an antigen. Now an antigen is a substance that the body sees as an intruder. And so the body's immune system starts forming a defense against that antigen, that intruder, and it does that by creating antibodies.

Okay. So each morning the participants took this pill that included an antigen and then the body went to work. Each evening researchers collected saliva samples. This is getting pretty gross, right? They collected these saliva samples because whenever they looked at those samples they could determine how much antibody was produced during that day.

Okay, so now we've introduced the intruder, and they can collect the samples and see how much antibody was produced against the intruder. Now the more antibody that's produced, that means the immune system is working really well to try and fight off that intruder; the less antibody that's produced, that means that the body's not working as efficiently to get rid of that intruder. Make sense?

Okay, so here we have the subjects they're recording their moods, they're recording their desirable and undesirable events that happened during that day, and they're taking these antigen pills in the morning, and the researchers are collecting saliva in the evening to check out how much antibody was produced. Now, you can probably see where this is going.

On the one hand, it makes a lot of sense, right, that on the days that they, the participants had a lot of undesirable events, their body wasn't nearly as effective at warding off those intruders. So a lot of undesirable events meant less antibody production, which meant that their immune system wasn't working as well. Okay, so, yeah -- we just need to avoid undesirable events, right? That's all well and good, but we can't always do that.

But here's the more interesting part. What they found is that on the days that those participants experienced more desirable events -- Now desirable events might be leisure or pleasant household activities, any kind of thing that they saw as desirable -- antibody production was actually higher. And so what that means is that their bodies were more prepared to fight off that foreign intruder if they had more desirable experiences during the day. Now, isn't that the coolest thing? I told you that I'm a geek.

So what does this mean? Of course, this is just one study, and it was done a few years ago. And there are many other factors that include, er, that affect our immune system, so this isn't going to be the only thing. But the study does suggest that building more pleasant events into your day -- even if they're small, desirable events, like watching a cartoon or dancing in your kitchen while you cook -- the more desirable events you have during the day, the more likely it's going to boost your immune system so that you can ward off any intruders that are coming into your body. So isn't that the coolest thing?

Oh, the other thing that this study showed is there can be a one to two day lag for desirable events. What that means is that if you continue to have desirable events each day, that might carry you over and might last for a couple of days. The other intriguing thing that the study showed, is that it mattered in the day that it happened. It mattered if you had, how many desirable events you had that day. And so that means, we don't know the next time we're going to run into a cold virus or the next time we're going to run into other kinds of allergen or something that's going to need antibodies produced in our bodies. And so the more desirable events we can pack into each day, the better our immune systems are going to be. Isn't that the coolest thing, that God created our bodies that way? Okay, I'm done being a geek. I'll chat with you later. Bye.

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