

LOWER IMMUNITY FACTORS DURING LOCKDOWN : IT ALL DEPENDS ON US

Consequences of lockdown

- Fear for ones life
- Isolation - Idleness
- Fear for ones future
- Lack of physical activity
- Lack of recognition or self value
- Less sexual contact
- Increase of addictions
- Lack of natural sunlight
- Increase of process food intake
- Increase of carb food intake
- Increase of carb food intake
- Increase of carb food intake
- Lack of social contact
- Lack of nature
- Lack of joy and zest for life
- Too sterile environment

Physical or psychological impact

- Increased stress and cortisol
- Increased stress and cortisol
- Increased stress and cortisol
- Weight gain - obesity
- Decreased endorphins
- Decreased endorphins and oxytocins
- Increase of depression
- Lack of vitamin D
- Lack of vitamin A
- Lack of vitamin C
- Weight gain - obesity
- Lack of pleasure - lack of dopamine
- Lower immune system stimulation
- No relaxation - Increased anxiety
- Decreased endorphins and growth hormons
- Lower immune system stimulation

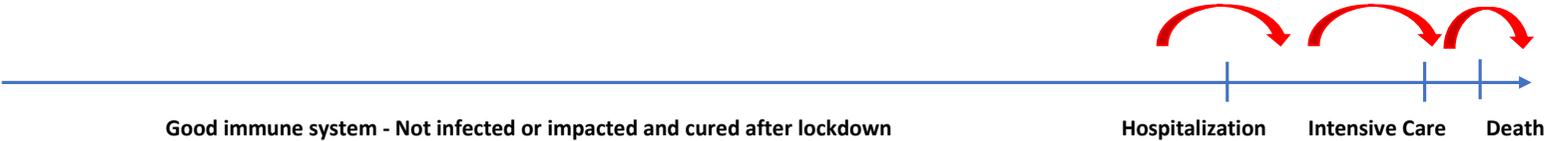
- Lower immunity



For all not having immune deficiency
 and who did not have COVID19, many consequences of lockdown in current circonstances are factors which will weaken immune system and thus will increase the probability of potential viral attack
 It is our responsibility to be aware and to compensate those various physical and psychological elements to give our body the best chance of keeping healthy and to be best equipped in case of viral attack



Risk of lockdown without compensating physically, psychologically or spiritually



IT DEPENDS ON US TO COMPENSATE WHAT IS TEMPORARILY NO LONGER POSSIBLE TO GIVE THE BEST CHANCES TO OUR HEALTH