

Building Our Immune System

Basic Recommendations:

Take an inventory of the factors that may be compromising your immune system and take steps to correct them. Two of the most common immune suppressors include stress and an incorrect diet, especially a diet high in fat and refined processed foods.

Supply your immune system with adequate amounts of nutrients that promote proper immune function. Some of the most valuable include:

- ❖ Keep hydrated: drink 4 oz. of water every 30 minutes in an 8 hour period.
- ❖ Acidophilus: restores important bacteria to the intestinal tract. Use a nondairy formula.
- ❖ Essential Fatty Acids: a most important element in the diet. Necessary for a healthy immune system. Helps promote entire body functions to operate correctly. Also helps to reduce the bad cholesterol (LDL) and raise the good cholesterol (HDL).
- ❖ Digestive Enzymes: to aid in proper breakdown of proteins, fats, and carbohydrates for better absorption of nutrients.
- ❖ Multivitamin and mineral complex: all vitamins and minerals are necessary for a balanced immune system.
- ❖ Vitamin A: is the anti-infection vitamin if used properly and in moderate doses. It is very important in the body's defense system.
- ❖ Vitamin C (Ester C): may be the single most important vitamin for the immune system. It is essential for the formation of adrenal hormones and the production of lymphocytes. It also has a direct effect on bacteria and viruses. Vitamin C should be taken with bioflavonoids, natural plant substances that enhance absorption and reinforce the action of this vitamin.
- ❖ Vitamin E: interacts with vitamins A and C and the mineral selenium, acting as a primary antioxidant and scavenger of toxic free radicals. Vitamin E activity is an integral part of the body's defense system.
- ❖ Selenium: is needed for the appropriate functioning of the immune mechanisms.
- ❖ Zinc: is very important for the immune system. It boosts the immune response and promotes the healing of wounds when used in an appropriate dosage (100 milligrams or less daily). It also helps to protect the liver.
- ❖ Be sure to get sufficient sleep. As much as possible, try to avoid stress.
- ❖ Get regular moderate exercise (but don't overdo it). Exercise reduces stress and elevates mood, which has a positive effect on immune response. In addition, T lymphocytes (T cells) production is stimulated by exercise. White blood cells called T cells identify and then destroy cancerous cells, viruses, and microorganisms like bacteria and fungi. The T lymphocytes or T cells mature in the thymus gland (hence the "T" designation).
- ❖ Avoid overeating.
- ❖ Do not smoke or consume beverages containing alcohol or caffeine.
- ❖ A person's mental state can suppress his or her immune system. A positive frame of mind is important in building up the immune system. **"SO, SMILE AND BE HAPPY"**

