

Building a strong Immune System

Our **immune system** is a system of biological structures and processes within an organism that protects against disease by identifying and killing pathogens and tumor cells.

Our immune system plays two vital roles in our body:

1. First, it responds to foreign organisms by producing antibodies and stimulating specialized cells which destroy those organisms or neutralize their toxic products – defending against foreign invaders such as germs, viruses, bacteria, etc.
2. Second, it stands guard over the cells of our body to ensure that they are not abnormal or degenerating. Normally, there are anywhere between 100 to 10,000 abnormal cells floating around in our bodies at any point in time–produced as part of the normal metabolic process.

Problems that can occur with the immune system

1. The immune system is overwhelmed by too many invaders.
2. The immune system becomes weakened and vulnerable to attack.
3. The immune system becomes misprogrammed and loses the ability to identify invaders or mutated cells.
4. The immune system becomes misprogrammed and begins to mistakenly identify healthy body cells as the enemy and begins to attack them.
5. The immune system is compromised or missing some key component at birth.

Optimizing Our Immune System in Four Easy Steps

1. Improve overall Immune function to allow the body to better defend itself. (see immune booster below).
2. Kill and destroy unfriendly invaders. (see pathogen destroyers below).

3. Clean up environmental issues such as air pollution, water pollution, and heavy metal exposure.
3. Correct diet and lifestyle choices – a poor diet can cause our entire system to turn upside down starting from an unbalanced digestive system to a trouble elimination system.

Natural Immune Boosters assistance

- . Stimulate and strengthen our immune system
- . Fight infection
- . Strengthen tissue against assault by invading microorganisms
- . Increase T-cell production and protect T-helper cells
- . Assist the cell mediated immune response

Examples of some immune boosters

Echinacea – the miracle herb

Pau d'arco -- It contains a natural antibacterial agent, has a healing effect on the entire body, cleansed the blood, and kills viruses.

Suma – natives of the amazon jungle have used it for at least the last 300 years.

Astragalus – the root is an immune stimulant

Medicinal Mushrooms—they target and strengthen the human immune system.

Chiropractic-- corrects spinal abnormalities called vertebral subluxations that result in **interference of the nervous system** by placing pressure on nerves. Since the **nervous system controls all functions of the body, including the immune system**, chiropractic care can have a positive effect on our immune function.

The Pathogen Destroyers

Olive Leaf Extract

Oil of Wild Mountain Oregano

Grapefruit Seed Extract

Garlic and Onion

Tea Tree Oil

Final Note on building a strong Immune System

The immune system, like the baseline of health itself, is only as strong as the weakest link in our body. That means, for example, that we can be taking all the Echinacea or colloidal silver or mangosteen juice in the world or getting a flu shot for that matter, but we won't have a strong immune system if:

- Our colon is filled with stagnant fecal matter which is slowly poisoning our body;
- We haven't replenished the beneficial bacteria in our intestinal tract, which provide up to 40% of our immune function;
- Our diet is filled with foods that have large indigestible proteins that form circulating immune complexes in our body that totally occupy our immune system by forcing it into a state of autoimmune disorder where it expends all of its resources attacking our body itself.
- ETC

