

The Immune System and Natural Remedies

The Immune System

- Made up of special cells, proteins, tissues, organs
- Defends our body against germs and microorganisms (foreign bacteria, viruses, fungi, parasites)
- It usually does a great job in keeping us healthy and preventing infections
- Cells of the immune system
 - White blood cells
 - Complement
 - Immunoglobulins
 - Helper T cells
 - Natural killer cells
 - Killer T cells

White blood cells

- Seek out and destroy disease-causing organisms
- Produced or stored in many areas in the body (bone marrow, spleen, thymus, lymph nodes)
- Move around the body through the lymphatic vessels and blood vessels

Basic types of white blood cells

- Neutrophils
 - Phagocytes - eat invading organisms
- Lymphocytes
 - Allows the body to remember and recognize previous organisms, and so help destroy them
 - B lymphocytes
 - Military intelligence system
 - Seek out targets and send defenses to lock onto them
 - T lymphocytes
 - Military soldiers
 - Destroy invaders that the intelligence system has identified

Nutrition

- Simple food
- Raw fruits and vegetables
- Fresh, organic juice
 - For example, carrots, greens (kale, spinach, celery), Granny Smith apples, ginger, lemon

Effects of refined sugar

- Decreased phagocytosis of neutrophils
- Lasts from 30 min to 5 hrs after eating refined sugar
- Causes inflammation and weakens the immune system
 - Sanchez A et al. Role of sugars in human neutrophilic phagocytosis. Am J Clin Nutr. 1973; 26: 1180-4.

Dietary Fat

- High-fat diets suppress lymphocyte production
- Causes inflammation
- Han SN et al. Effect of hydrogenated and saturated, relative to polyunsaturated, fat on immune and inflammatory responses of adults with moderate hypercholesterolemia. J. Lipid Res. 2002; 43:445-52.

Immune Boosting Foods

- Button mushrooms (selenium, riboflavin, niacin)
- Acai berry, elderberry (antioxidants)
- Watermelon (antioxidant – glutathione)
- Cabbage (glutamine)
- Almonds (Vit E, riboflavin, niacin)
- Grapefruit (flavonoids)
- Wheat germ (zinc, B vit, antioxidants)
- Garlic (antioxidants)
- Spinach (folate, antioxidants)
- Sweet potato (beta-carotene)
- Broccoli (Vit A & C, glutathione)

Water

- Drink more water
- Hydrotherapy
 - Increases your circulation
 - Increases the ability of white blood cells to fight infection

Contrast shower

- Hot for 3 minutes
- Cold for 30 seconds
- At least 3 cycles, ending in cold

<https://hydrotherapyathome.com/>

Sunshine

- Vitamin D production to strengthen your immune system
- Serotonin production to elevate your mood

Air

- Breathing exercises
- Fresh air

Rest more

- Listen to your body
- Restorative sleep

- Occurs more in the evening
- Sleep 2 to 3 hours before midnight

Trust in God

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones." -Proverbs 17:22

Exercise

- Neutrophils fight bacteria better
 - Lymphocytes produce more antibodies by 20%
 - Flush bacteria out from the lungs
 - Antibodies and white blood cells circulate faster
 - Rise in body temperature may prevent bacterial growth
 - Slows down the release of stress-related hormones
- "There is no drug in current or prospective use that holds as much promise for sustained health as a lifetime program of physical exercise."
- Boratz WM 2nd. Disuse and aging. JAMA.1982 Sep 10;248(10):1203-8.

Laughter

- May raise antibodies and levels of immune cells
- Improves oxygen to tissues
- William Fry (heart rate): 10 minutes on rowing machine equivalent to 1 minute of hearty laughter

Activated charcoal

- Adsorbs or removes poisonous gasses, drugs, bacteria, viruses, and toxins
- Adsorb: Hold as a thin film on the outside surface or on internal surfaces within the material.
 - "the dye is adsorbed onto the fiber"

The body does not absorb charcoal

- When you ingest it, it goes to through your gastrointestinal system and out of your body
- If you ingest it, take it 2 hours before meals and 2 hours after meals

Drink 1-3 teaspoons well mixed in water

- Poisoning
- Nausea (and vomiting)
- Diarrhea
- Intestinal gas or bloating

Charcoal poultice

- Skin infections
- Bug bites
- Do not apply directly on broken skin

<https://charcoalremedies.com/>