



# Health Fact Sheet

## Immune System

A strong and healthy immune system is one of the best methods of fighting external threats to the body such as bacterial and viral infection, and internal threats such as cancer.

The immune system is both remarkable and complex. Within minutes it can produce a million different antibodies to disarm a billion different invader or antigens. The stronger the immune system the quicker the response, and the difference between a debilitating infection and a minor inconvenience.

It therefore makes excellent sense to boost your immune system. But how do you do that? There are three major impacts on your immune system:

- Exercise
- State of mind
- Diet

### Exercise

Whilst exercise is good for boosting the immune system, overtraining or high levels of vigorous exercise actually depress the immune system. It is thought that calming and less stressful forms are therefore better for boosting the immune system such as Tai chi, yoga, pilates, and even meditation. If you must over-exercise the amino acid glutamine can help cope with the worst effects of this. You might also like to consider alkalinizing your diet to compensate for the extra acid exercising produces in the body.

### State of Mind

Your psychological state of mind can have a major impact on your immune system. Depression, grief, stress and other negative emotions ie hating your job, being in a bad relationship etc all weaken our immune system and leave us more likely to fall prey to harmful bacteria and viruses.

### Immune Nutrients

A deficiency of the following nutrients **depresses** the immune function:

- Vitamins A
- B1
- B2
- B6
- B12
- folic acid
- Vit C
- E
- iron
- zinc
- magnesium
- selenium.

The following nutrients have a mild **boosting** effect on the immune system:

Vitamins B1

B2

B5

whilst Vit C is *the* master immune boosting nutrient

And these are **essential** for good immune function:

Vitamins B6

B12

folic acid

zinc

To **fight off** infection the following need to be in plentiful supply:

Vitamin C

Vitamin A

Vitamin E

zinc

selenium

### **Probiotics**

Also important is the level of probiotics, or good bacteria, in the gut as it has been shown that they are a vital part of the body's immune defences. These produce substances which stop harmful bacteria growing, so the higher your levels of these the better. They also improve the ability of the immune system to fight back against any infection. Eat plenty of fermented foods as a normal part of your diet or supplement.

### **Fighting Off Infection**

You need to consider the following factors in your diet when your body is fighting an infection:

Protein – sufficient is needed to produce immune cells rapidly, but too much can suppress immunity. So a well-balanced protein is essential but don't overdo it.

Fats – saturated and hydrogenated fats suppress immunity whilst essential fats boost immunity.

Seeds and nuts are good sources.

Sugar – whether it comes as fructose, glucose or honey just 100 gm can significantly suppress immune function within 30 minutes, so avoid sugar if your system is under attack.

Plenty of vegetables rich in vitamins and minerals, and plenty of fresh fruit, especially watermelon and berries, will also help you fight back effectively and naturally against infection.

Supplements are also a good boost to the immune system so consider the following:

A good multivitamin/mineral

A high strength antioxidant

Vitamin C – minimum 1 gm, several times a day during infection

Cats-claw tea with ginger

Echinacea

Grapefruit seed extract

Some of the medicinal mushrooms have also been shown to have strong immune properties and can either be eaten in the diet or taken in capsule form:

Reishi, Mitake, Cordyceps

A strong, healthy immune system means your body has a head start to fight against infections, attack from free radicals and damaging toxins. Support and nurture your immune system and it will repay you with a strong and healthy constitution.

#### **NEW\*\*\*\***

Redox signalling molecules were discovered relatively recently and have been shown to be fundamental to health at a cellular level, contributing greatly to balanced body systems or homeostasis. The science behind redox signalling molecules and the fundamental role they play in health and healing is developing fast.

Available as both a liquid for internal use and a gel for topical use, boosting levels of these molecules has a major impact on improving immune function.

Not available through retail outlets, this biotechnology product comes direct from the manufacturer. Go to this link for further information: [www.lifedesigns.teamasea.com](http://www.lifedesigns.teamasea.com)