




ENHANCING YOUR IMMUNE SYSTEM WITH DIET

SIMPLE STRATEGIES FOR FIGHTING DISEASE




HOW DOES THE IMMUNE SYSTEM WORK?

- WE PRODUCE WHITE BLOOD CELLS THAT FIGHT INFECTION, INFLAMMATION AND DISEASE.
- WHITE BLOOD CELLS ARE PRODUCED IN THE BONE MARROW (B CELLS), THE THYMUS (T CELLS) AND THE GI TRACT (INTESTINAL TRACT BIOMASS – OVER 1,000 SPECIES OF BACTERIA)
- THE IMMUNE SYSTEM MOBILIZES TO FIGHT INFECTIONS (BACTERIAL, FUNGAL AND VIRAL).
- NEW TREATMENTS ARE LOOKING AT WAYS TO MOBILIZE THE IMMUNE SYSTEM TO RECOGNIZE AND DESTROY CANCERS AND INFLAMMATORY ACTIVITY IN THE BODY.
- GROWING EVIDENCE THAT GUT HEALTH IS TIED TO MULTIPLE DISEASE STATES!



HOW DO YOU NATURALLY ENHANCE YOUR IMMUNE SYSTEM?

1. EATING LOTS OF BOTH PREBIOTIC AND PROBIOTIC FOODS
 2. EATING MORE HEALTHY FATS IN COMPARISON TO LESS HEALTHY FATS (THE RATIO)
 3. GETTING GOOD QUALITY SLEEP AND MODERATE EXERCISE
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WHAT IS A PREBIOTIC?

- A PREBIOTIC IS THE NON-DIGESTIBLE FOOD COMPONENTS THAT PROMOTE THE GROWTH OF BENEFICIAL ORGANISMS IN THE GUT.
- THESE ARE THE FOOD SUPPLY FOR THE GROWTH OF HEALTHY GUT BACTERIA – ESSENTIALLY THE “SOIL” FOR A HEALTHY GARDEN.
- THESE FOODS CAUSE GUT FERMENTATION TO OCCUR – PRODUCING FATTY ACIDS THAT INCREASE WHITE BLOOD CELL PRODUCTION, PRIMARILY NATURAL KILLER T CELLS.

WHERE DO WE GET PREBIOTICS?



OTHER PREBIOTIC FOODS



And all fruits and vegetables

WHAT IS A PROBIOTIC?

- A FOOD THAT CONTAINS NATURAL AND OR FERMENTED BACTERIA.
- WHEN WE CONSUME THESE FOODS, THEY HELP TO POPULATE OUR GUT FLORA WITH HEALTHY TYPES OF BACTERIA. THESE AREN'T THE "DIRT" IN THE GARDEN, THESE ARE THE "FERTILIZER" FOR THE GARDEN.
- GOOD HEALTH REQUIRES LOTS OF GUT BACTERIA DIVERSITY – LARGE AMOUNTS OF MULTIPLE TYPES OF BACTERIA. **OUR DAILY DIET HAS A HUGE IMPACT ON OUR GUT BACTERIA**
- RECOMMEND 25 TO 50 BILLION CFU'S (COLONY STIMULATING UNITS/DAY) IN THE DIET
- USUALLY A MINIMUM OF 2 SERVINGS PER DAY OF A HIGH CFU FOOD.

WHAT ARE THE BEST SOURCES OF PROBIOTICS?



Yogurt

Sauerkraut

Raw cheeses and hard cheeses

Pickles

Kimchi

Kombucha

Buttermilk

Kvass (fermented barley, rye and beets)



OTHER FOODS THAT ENHANCE IMMUNE FUNCTION

- WILD PROTEINS (CONTAIN HEALTHY FATS – OMEGA 3'S, CLA'S AND MONOUNSATURATED FAT
 - WILD FATTY FISH, WILD GAME, GRASS-FED MEATS, EGGS, DAIRY AND POULTRY



VEGETABLES

- CRUCIFEROUS VEGETABLES
- DARK GREEN LEAFY
- GARLIC AND ONIONS
- CARROTS ETC...



FRUIT

- BERRIES
- STONE FRUITS
- APPLES
- COLOR IS KING!



MUSHROOMS

- ALL KINDS. THEY HAVE MEDICINAL AND IMMUNE BOOSTING CAPACITY.
- KNOWN FOR THOUSANDS OF YEARS



LEGUMES, TEA AND SPICES

- ALL LEGUMES (THEY POSSESS ANTI-ANGIOGENESIS PROPERTIES TOO)
- GREEN, BLACK AND WHITE TEA
- SPICES



BONUS SECTION!

FOODS WITH ANTI-ANGIOGENESIS PROPERTIES



FOODS WITH ANTI-ANGIOGENESIS ACTIVITY IN THE BODY

- QUINOA, FLAXSEED
- FLAXSEED
- OOLONG TEA AND GREEN TEA
- GRAPES, BERRIES, CHERRIES
- COCOA
- NUTMEG, PARSLEY, GARLIC, TURMERIC
- TOMATOES, ARTICHOKE
- BERRIES
- MUSHROOMS



FINAL WORDS

- FOCUS ON COLOR, ODOR AND FLAVOR OF FOODS TO ENHANCE YOUR IMMUNE SYSTEM
- THE BOLDER THE BETTER!



This
Not
This

