

## **Optimising the immune system for prevention of infections.**

This list of recommendations is non-specific, meaning that it does not address ONE type of possible infection; there are no particular approaches for this or that named virus or bacteria or parasite, and it is not a list of potential recommended treatments, even though many of the substances reviewed can be used for treatment by trained natural health practitioners.

Follow those indications in your daily life and also in preparation for meetings, classes, courses, conferences and other events you might attend so that your defenses are up and your worries down.

### **Nutritional approach.**

Many usual “foods” are toxic to the immune system. It is best to avoid them totally, especially at a time of wandering infections and even better permanently.

Cereals: the proteins of the cereals are known to depress the immune system. Gluten is the major culprit but ALL proteins of ALL cereals share that toxicity albeit at different levels of intensity and speed. Avoid wheat, rye, barley, rice, corn, oats in any form and in any mix. The ancient grains (which are not cereals!) are OK: amaranth, buckwheat, quinoa, teff.

Sugars and fast absorbed (High Glycaemic Index) carbohydrates “foods”: sugar, be it white or brown, molasses, all forms of candies and lollies; those are obvious. Relating to the former point, cereals are loaded in fast absorbed carbohydrates, which reinforces the need to avoid them completely. Glucose and other simple sugars are known to depress the immune system as one of their damaging effects.

Milk and dairy products: casein is also a known immune depressor; the milk sugar, lactose is... a sugar; need I say more.

Soy: only use fermented soy products: miso, tempeh, natto; the others like tofu and soy milk are immune depressants.

What to eat then? Simply nuts, seeds, fruits, vegetables (including legumes, beans, lentils) and animal proteins, including eggs, excluding dairy. What to eat when and how much is up to your taste buds and your stomach! Enjoy your food!

If you want details, research and references, please do consult “Elementary Nutrition for Homeopaths” or “Elementary Human Nutrition for Health Practitioners” (available from [www.lulu.com](http://www.lulu.com))

### **First line of defense.**

A recent paper has demonstrated that the most recent virus that frightens everybody penetrates the system through the nasal mucosa cells. A simple system that I have been using for years when travelling is this: in 100 grams of Vaseline, put 5 drops of each of those Essential Oils: Lavender, Oregano and Eucalyptus; they are known to inactivate and destroy

virus and bacterias. Insert a little amount in each nostril; add some every 3-4 hours. Done! Whether you wear a mask or not, this is effective and innocuous, unless you are sensitive/allergic to those oils. Other EO oils are as effective, I mention only those I use regularly.

At home, in the office, it is good to vaporise those EO through a good ultrasonic diffuser, for general protection.

### **Supplemental foods that enhance the immune system.**

Garlic: well known, the fresh one has the immune boosting properties; how much? Whatever you can ingest (can give you heartburn) and whatever your social circle can tolerate...

Ginger: fresh, in teas or with your food; as much as you want; strong tea is sometimes difficult to drink at the beginning so increase slowly.

Turmeric: must be taken with fat (I suggest coconut oil) to allow for absorption of curcumin (the active agent) and with black pepper (increases the absorption); a few heaped teaspoons over the day or once, preferably mixed with other foods (I mix that in my morning smoothie)

Green tea: strong tea, add the ginger, a few cups during the day

Black cumin seed and oil: very ancient supplement, shown to enhance the immune system (and many other properties), considered by the Ancients as able to “cure everything but death”. Use the seeds, to be crushed before ingestion, or the oil; choose the strongest oils possible, one teaspoon is enough, the taste is pretty horrible though.

### **Other supplements.**

Olive leaf extract: in capsules or in liquid, 1000 mg/day

Vitamin A: 10,000IU/day; enhances mucosal resistance, our first barrier and line of defense

Vitamin C: preferably in powder as a drink or in smoothies, divide the dose in 3x/day as it lasts in the body for a maximum of 5 hours. Dose to bowel tolerance = until the stools become soft or there is gurgling in the abdomen, then back off a bit; varies from person to person, I use 2000 mg 3x/day as a routine, more as needed if I feel unwell. Alternatively, use liposomal vitamin C that does not lead to bowel problems, but the dose is kind of a guess; 1 sachet of 1 gram 3x/day seems good.

Vitamin D3: this one should be taken according to your blood level measurements... but what is safe and effective in its absence is 10,000IU/ day for a week then 5,000 IU/day; no risk of overdose (which is extremely rare anyway) that way. You MUST combine that with vitamin K2 200 to 400 micrograms/day and Magnesium in the form of a chelate (orotate, threonate, but not oxide or sulfate) 200 to 400 mg/day of elemental magnesium.

Vitamin E: synergistic to the above, 4-500 mg/day

Zinc: essential for proper immune system function; use the lozenges, easiest way to take, or the commercial drops, all are in the same concentration: 5 drops/day

Selenium: a forgotten mineral necessary for the immune system to function properly: 3 drops/day.

### **Herbal remedies.**

Propolis: not really a herb; use the lozenges, very tasty

Echinacea, Propolis, Uncaria Tomentosa, Astragalus membranaceus, tinctures, together in equal parts in the same bottle: 30 drops 3x/day. Any health shop should be able to provide you with the mix. You can of course opt to use them separately or only one, e.g. Echinacea.

Sambucus nigra: tincture, tablets, syrups... inactivates many different viruses and bacterias; because there has been a controversy about the fact it could exacerbate a cytokine storm, avoid taking it if you are already ill.

There are many more herbs that have immune properties; those are the most frequently used and the most available. Consult a Registered Herbalist in doubt.

### **Homeobotanical remedies.**

Use the mix **C, J, X** 4 drops 4x/day, in prevention. Health shops or practitioners can provide it.

### **Homeopathy.**

Should you consider going this way, please do consult a Registered Homeopath. The best prevention is through a deep general treatment, aka “constitutional” that needs to be individualised.

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