

IMMUNE SYSTEM

... boosting it can
help you avoid
medications

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THE TV IS FULL OF ADS that make it seem absolutely necessary that you fill your medicine cabinet with a myriad of medications if you want any cold or flu relief at all. In actuality, such medications are at the least unnecessary and at the most, harmful. Unnecessary if we change our lifestyles a bit to enhance our immune systems and harmful because they overtax our livers in their normal detoxification processes.

Why wait for the cold, flu, or other infection? Why expect the standard 2 colds per year or 6 if you have young children in day care or preschool? No need to bother with cold medications, if you have equipped your natural medicine cabinet with items that really address bacterial and viral eradication such as **Solace** and **Tea Tree Oil**, but, most of all, if you have strengthened your immune system.

Immune System

The immune system in reality is a complex network of tissues, organs, cells and chemical messengers that protect us against the daily bombardment of germs, bacteria, and other pathogens that contribute to everything from minor infections to more serious diseases. It is easy to recognize a compromised immune system. Some symptoms include:

- Frequent colds or flu
- Being tired all the time
- Gastrointestinal problems
- Malabsorption of nutrients, causing anemia, hair loss, vision problems
- Recurring yeast infections
- Skin problems: eczema, psoriasis, itching, fungus, parasites

The foremost defense against colds and flu is a healthful diet which can strengthen our immune

organs and increase the effectiveness of our white blood cells.

5 Eating Habits That Weaken the Immune System

1. **Sugar** - All forms of sugar interfere with the ability of white blood cells to destroy bacteria. Avoid all white sugar and processed carbohydrates (pastries, candies, “nutritional bars,” etc.) and use whole organic sugars such as honey, Grade B maple syrup, agave syrup, etc. sparingly. The herb stevia is the only sweetener that stabilizes both blood sugar and cortisol levels.
2. **Fat** - We now know that destructive trans-fats are found in processed and fast foods, but did you know that use of standard vegetable oils can skew the Omega 6 and Omega 3 fats unhealthfully? The normal ratio should be no more than 2:1, but our extreme use of vegetable oils has changed that to over 20:1 which also causes high “bad” cholesterol. Decrease consumption of vegetable oils and increase Omega 3 fats.
3. **Alcohol** - A little bit of organic wine or real beer can be healthful, but excessive alcohol intake can produce an overall nutritional deficiency, depriving the body of valuable immune-boosting nutrients. Also, alcohol acts as sugar in the body and we already know that sugar can reduce the ability of white cells to kill germs.
4. **Chemicals and Processed Food** - Avoid processed foods with long ingredient lists: frozen foods, canned foods, packaged foods (boxed cereals, mixes, cookies, candy, diet products). Identify BHT, BHA, TBHQ, sodium benzoate, nitrates, sul-

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fites, food colorings, artificial sweeteners, and artificial flavors on your labels. Carefully read even the organic brands, some of which are really no better than the popular, supermarket varieties.

5. Food Allergens - Repeated ingestion of various food allergens can damage intestinal walls enabling invaders and other potentially toxic substances in the food (including undigested proteins) to slip into the bloodstream causing inflammatory reactions. Known as Leaky Gut Syndrome, it contributes or causes a multitude of both intestinal and systemic health challenges including arthritis and fibromyalgia. Common intestinal irritants and immune challenges are modern dairy (in certain cases, raw dairy from range-free herds can be exceptionally healing), wheat (and all other gluten-containing grains), corn, peanuts, soy, sugar, chocolate, and caffeine. Sensitivity to a food item is usually indicated by a slightly raised pulse.

10 Simple Immune Boosters

1. Aim for total wellness by eating an alkaline diet, supplementing with the *DYNAMITE*[®] basics of **Elixir**, **Dynamite Regular** or **Plus**, and **TriMins Plus**, and adding in **Hiscorbadyne** or **SOD** regularly or during challenging times.
2. Stock your natural medicine cabinet with **Solace**, **Trace Minerals Concentrate**, and **Adrenal Support Formula** for those times when you need to address an active, or almost active, infection.
3. Populate your intestines with adequate good bacteria that retard the growth of infectious organisms in the intestines by eating homemade yogurt or fermented foods such as sauerkraut. To make sure the intestinal environment can support the vital beneficial bacterial colonies, we give our animals daily **DynaPro**. Many distributors have been known to drop some into their own food or water, too!
4. Exercise moderately 20-30 minutes a day. Make it fun, something you like to do - yoga, Tai Chi, walking, biking, hiking, dancing or whatever.
5. Drink pure spring or reverse osmosis water as

your main beverage—up to 1 quart per 50# body weight.

6. Make your plates colorful, planning your meals around a variety of fresh vegetables and fruits. Different colors (purple, red, blue, green, orange & yellow) represent different vitamins and minerals and these phytonutrients enhance immune function and oxygenate your cells.

7. Increase your vital Omega 3 fats, so necessary for the full functioning of your immune system, by taking daily cod liver or Antarctic krill oil and by eating only range-free animal products; grain fed animals can have an Omega 6 to 3 ratio of well over 20:1 while grass fed/finished animals (including poultry, eggs, bison, etc.) contain a healthful 1.3:1 ratio. The best vegetarian source for Omega 3 is purslane followed by burdock and kale while walnuts contain the best Omega 6:3 ratio for nuts. Freshly ground flaxseeds are high in Omega 3 (1T/day) although they may be contraindicated for those with thyroid challenges.

8. Chronic stress can raise cortisol levels and weaken our immune system, increasing susceptibility to colds and the flu, as well as more serious health problems like heart disease and diabetes. Manage it via BreathWork, meditation, and releasing negative emotions such as guilt, anger, distrust, blame, revenge.

9. Enjoy 7-8 hours of sleep every night; wear a sleep mask to keep it dark enough.

10. Wash hands regularly with natural soap; avoid disinfectants other than natural **Tea Tree Oil** or **Super ACV**.

Conclusion

By paying attention to these simple suggestions, you, too, may find yourself forever avoiding the self-medication route while feeling better than you ever have in your life!

Colorado Gold Director Rowan Emrys, a certified Neuro-Muscular Massage Therapist, has been in allied health fields for over forty years. She currently has two books, HorseSense and Living Energetically, available on her website, www.tarryall.net, and is working on her third, The Real Food Diet. Rowan has been a Dynamite Distributor since 1993.