

FREE Report

NEEDS IMMUNE SUPPORT

IMPROVE YOUR IMMUNE SYSTEM

How to Improve Your Score: Follow the program below strictly for 30 days, then retake the questionnaire. Your score should improve dramatically. With all of the concern about Covid-19, immune support just makes sense.

DIET, AN IMPORTANT FIRST STEP TO IMPROVE YOUR SCORE

The *Roadmap to Health* Diet: If you do not have a copy of the diet, get a copy for FREE from our office. The diet is strict because we are trying to address many problems at the same time. After 30 days you can “cheat”. The report will tell you how to introduce foods in a way that enables you to sustain the improvements obtained from following the program.

The Roadmap to Health diet accomplishes several things that will benefit your immune system. First, it is high in trace nutrients that are necessary for a properly functioning immune system. Second, it helps balance the microbial population and ensure good digestive function (about 75% of your immune system is associated with the GI tract). Third, it reduces inflammation.

Beyond diet—other ways to improve immune function: Our immune systems are under assault.

Chemicals in the environment, sugar, food devoid of nutrients, GMOs,

In 2015 the New York State attorney general's office accused four major retailers of selling fraudulent herbal supplements. Most products (80%) from GNC, Target, Walgreens and Wal-Mart did not contain ANY of the herbs listed on their labels.

To ensure quality, use supplements, contact our office and we will help you to find reputable companies.

Focusing on core health issues is vital to a healthy immune system. Good digestion with adequate stomach HCl and pancreatic function is necessary. The GI tract needs to be free from dysbiosis and leaky gut for the immune system to work properly. In fact, the most important thing you can do for your immune system is to make sure there is proper GI function and bowel flora balance (review the information in the digestion categories download them at SymptomQuiz.com.) More than half of the immune system is associated with the intestines—keeping vigil against microbes and foreign proteins.

CONTACT THE PRACTITIONER WHO SENT YOU HERE FOR A
CONSULTATION

Essential fatty acids are necessary for the integrity of the cell membranes and their ability to resist microbial invasion. Minerals are necessary for the proper functioning of enzyme systems. A proper diet has trace nutrients, antioxidants, and plenty of vitamins C and A (both important for immune function).

In a challenged immune system, adding simple immune support and good lifestyle choices can turn things around. Arabinogalactan can be taken regularly, as can vitamin C. A low dose of both can be taken regularly and increased when fighting a cold, flu, or other infection. Arabinogalactans are starch-like chemicals found in many plants. A study, appearing in *Current Medical Research and Opinion* (2013 Mar;29(3):251-8), found that 4.5 grams of Larch arabinogalactan per day for 12 weeks reduced the incidence of the common cold in 101 subjects when compared to 98 subjects receiving a placebo.

Other research, appearing in *Nutrition and Metabolism* (2016 Apr 12;13:28) reviewed studies involving Larch arabinogalactan and the immune system the authors stated, " Larch arabinogalactan decreased the incidence of cold episodes by 23 %. Improvements of serum antibody response to *Streptococcus pneumoniae* and improved response to vaccines been reported in vaccination studies with larch arabinogalactan. Studies suggest a role for larch arabinogalactan in the improvement of cold, flu and infections, although the mode of action remains to be further explored. Arabinogalactan might possibly act indirectly the immune function of the GI tract.

Many infections & many rounds of antibiotics:

Chronic and repeated infections are often at the root problems with the liver and digestive system. Antibiotic therapy disrupts the makeup of the bowel flora and burdens the liver. Since 75% of the immune system is associated with the digestive tract, multiple rounds of antibiotic therapy create long-term immune system problems by burdening the GI system and liver. The antibiotics save you in the short-term, but at a cost.

The 30-day plan at the beginning of this report will be helpful, but you may need much more. Go to SymptomQuiz.com and download the reports dealing

with the health of the GI lining and bowel flora (microbiome). Even if you are not aware of digestive problems, repeated antibiotic therapy will have undermined the health of the GI tract and recovery may involve GI support. For more information, call for a consultation.

Supplements

Many supplements have been shown to help with immune function. We have supplied you with some information (please don't use this information to self-treat).

- **Probiotics are often helpful** to support immune function. They should always be taken for 60 after a course of antibiotics.
- **Regularly taking a small amount of vitamin C** is also a good idea. Stay on the program given to you at the beginning of the report. If you begin to feel like you might get sick, increase the dosage of the immune support supplements. If antibiotics are necessary, so be it. Over time, however, you will find that you need them less frequently.
- **Zinc** is a mineral essential to both normal health and to optimal cellular function. Zinc is important because it is necessary for the body to mobilize vitamin A. Many of the signs of zinc deficiency are the same as vitamin A deficiency.
- **Digestion:** Go to SymptomQuiz.com and download all of the reports having to do with digestion. They are free. Treating the microbiome and leaky gut can possibly break the cycle of repeated antibiotic therapy.
- **For bladder and urinary tract infections**, drinking enough water is vital. Also drink unsweetened cranberry juice or unsweetened pineapple juice. People falsely think that cranberry juice (which is high in mannose) can fight a urinary tract infection. That is not true, the mannose in cranberry (and pineapple) juice keeps bacteria from making a home. It does not fight infections, it prevents them.
- **For recurrent sinus infection**, make sure that you regularly irrigate the sinuses. Even just using a saline spray regularly will help (decongestant sprays will

make things worse—stick to saline). You can add a few drops of iodine (nutrient iodine—not betadine) and a drop of glycerin and improve its ability to break up mucus. Some companies, like Zorex International, make a natural sinus spray. Research published in *Archives of Environmental Health* (July 2003;58(7):433-441) found that many cases of sinusitis were caused by fungus, explaining why antibiotics were so ineffective.

- **Vitamin D:** Low vitamin D levels are associated with an increased risk of respiratory infection. The reason flu season occurs in the winter, according to one theory, is that vitamin D levels are lower when there is less sunshine. There is an inexpensive lab test for vitamin D levels in the body. Vitamin D, in high doses, can be toxic. 2,000 IU per day is tolerated by most people.
- **Support membrane health** if recurrent infections are an issue. Vitamin A will not only support the immune system, but it will also protect the membranes from microbial invasion. Vitamin A is one of the first nutrients that are depleted when the body begins to fight an infection. Do not, however, dose yourself with vitamin A. Too much of it can be toxic. Contact our office with any questions that you have about vitamin A. Other nutrients that can help protect the membranes include bioflavonoids, arabinogalactan, and vitamin C. **Vitamin A** is drastically depleted when you are fighting an infection. There are a number of animal studies showing vitamin A as antiviral ([Int J Vitam Nutr Res](#). 2010 Apr;80(2):117-30, [Viruses](#). 2019 Sep 30;11(10) and [Vaccine](#). 2014 May 7;32(22):2521-4). Human studies exist as well ([Kansenshogaku Zasshi](#). 1999 Feb;73(2):104-9, [Nutrition](#). 2005 Jan;21(1):25-31, [Viruses](#). 2019 Sep 30;11(10), [Crit Rev Biochem Mol Biol](#). 2019 Apr;54(2):184-192). Vitamin A powerfully

supports the immune system. It can, however, be toxic in high doses. It is recommended that you get the advice of a health professional before taking vitamin A.

- **Oil of oregano:** This is a powerful antifungal product and often is beneficial to people with recurrent sinus infections. It will kill normal bowel flora and probiotics should also be taken
- **Arabinogalactan** is from the larch tree. Arabinogalactans are starch-like chemicals found in many plants. There are a number of studies that show it to be beneficial to the immune system. The activity of immune modulating herbs, like Echinacea and Astragalus, may be due to arabinogalactan. Many practitioners will have someone who is fighting a cold or virus take one teaspoon (dissolved in liquid) per hour.

People who are repeatedly using antibiotics are in a quandary. They have to get the infection under control, usually using antibiotics, but realize that the frequent use of antibiotics is undermining their health. Breaking the cycle takes time, but it can be accomplished. Contact us for a consultation and we will help you to develop a strategy that works for YOU.

Lifestyle considerations are more important for people scoring high in this section: Dietary and lifestyle changes are much more important than supplementation. Poor dietary choices will prevent getting a good result, even if the supplementation is correct. This is especially true when trying support the immune system. Follow the Roadmap to Health diet. The advice to drink enough water and to avoid refined sugar and refined carbohydrate is especially important.

CONTACT US FOR A CONSULTATION

