

IMMUNITY FOR THE COMMUNITY



IMMUNITY

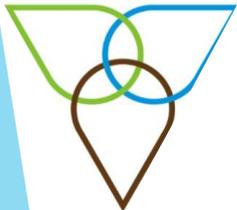
- ▶ the ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells.

"**immunity to** typhoid seems to have increased spontaneously"

OR

- ▶ protection or exemption from something, especially an obligation or penalty.

"the rebels were given **immunity from** prosecution"



IMMUNITY FOR THE COMMUNITY

- ▶ A well balanced healthy lifestyle is KEY to boosting and maintaining a strong & resilient IMMUNE SYSTEM.
- ▶ Our immune system is “inherited” through the DNA we are shared from our parents and the development of the “micro biome” in our GUT.
- ▶ During the birthing process the infant’s GUT biome is seeded..... Thus starting the process of building their own Biome.

What we're now finding is that:

- ▶ The first 1000 days of our lives, actually make marks on our genome that change which genes turn on and off. So that early part of our lives, from conception to around age 3, everything that is happening to our mothers and fathers pre-conception & in our environment are influencing how our genes will unfold and which genes turn on and which genes turn off. (EPIGENETICS)



NURTURING A GOOD GUT BIOME

Increase your fiber intake

Aim for more than 40g per day, which is about double the current averages. Fibre intake has been shown to reduce heart disease and some cancers, as well as reduce weight gain.

Eat as many types of fruit and veg as possible, and try to eat seasonally

The variety may be as important as the quantities, as the chemicals and types of fibre will vary, and each support different microbial species.

Pick high-fiber vegetables

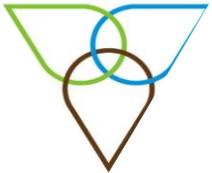
Good examples are artichokes, leeks, onions and garlic, which all contain high levels of inulin (a prebiotic fiber). Some vegetables like lettuce have little fiber or nutrient value.

Choose food and drinks with high levels of polyphenols

Polyphenols are antioxidants that act as fuel for microbes. Examples are nuts, seeds, berries, olive oil, brassicas, coffee and tea – especially green tea.

Avoid snacking

Also, try to increase intervals between meals to give your microbes a rest. Occasionally skip meals or have an extended fast – this seems to reduce weight gain.



NURTURING A GOOD GUT BIOME

Eat plenty of fermented foods containing live microbes

Good choices are unsweetened yoghurt; kefir, which is a sour milk drink with five times as many microbes as yoghurt; raw milk cheeses; sauerkraut; kimchi;(a Korean dish made from garlic, cabbage and chilli); and soybean-based products such as soy sauce, tempeh and natto.

Steer clear of artificial sweeteners like aspartame, sucralose and saccharine

These disrupt the metabolism of microbes and reduce gut diversity – in animal studies this has led to obesity and diabetes. Ditch the processed foods too, as these also upset microbes' metabolism.

Spend more time out doors & in the countryside

People living in rural areas have better microbes than city-dwellers. While you're at it, dust off your trowel: gardening and other outdoor activities are good for your microbiome.

Stroke animals

Studies have shown that people living with dogs have more microbial diversity.

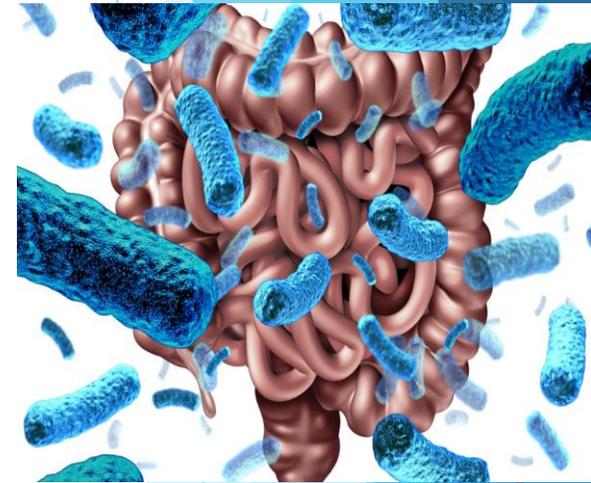
Avoid antibiotics and non-essential medicines

Antibiotics destroy good and bad microbes, and it can take weeks to recover, so don't take them unless you need them. Their use is also associated with obesity and allergies in animals. Even common medications like paracetamol and antacids can interfere with microbes.



WHAT'S THE GUT GOT TO DO WITH IT?

- ▶ **Intestinal** microbiota, or **gut** flora, and the **gut** barrier determine **gut health**. Inside the **gut** are about 100 trillion live microorganisms that promote normal GI function, protect the body from infection, and regulate metabolism and the mucosal **immune system**. In fact, they comprise more than 75% of the **immune system**.
- ▶ A **healthy** interaction between our **immune system** and the **gut** microbiota is crucial for the maintenance of our body's homeostasis and **health**. Imbalances in the **gut** microbiota may dysregulate **immune** responses and lead to the development of chronic inflammatory and autoimmune dysfunctions
- ▶ **Gut**-associated lymphoid tissue (GALT) is the prominent part of mucosal-associated lymphoid tissue (MALT) and represents almost 70% of the entire **immune system**; moreover, about 80% of plasma cells [mainly immunoglobulin A (IgA)-bearing cells] reside in GALT.
- ▶ **Serotonin** a well known brain neurotransmitter - it is estimated that 90 percent of the body's **serotonin is made** in the digestive tract. Serotonin along with the precursor amino acid Tryptophan, balances Dopamine & Serotonin & is responsible for our “happy hormones”.



KEY ELEMENTS THAT CAN DEplete OUR IMMUNE SYSTEM

- ▶ STRESS – Environmental; Physical & Psychological.
- ▶ EMOTIONS – Loneliness; depression & grief
- ▶ ACTIVITY – Sedentary lifestyles or TOO much exercise
- ▶ BAD HABITS – Nicotine; alcohol & bad sleeping habits
- ▶ DIET – Poor nutrition reduces the essential vitamins & minerals, proteins, fats & carbohydrate ratios and compromises GUT Health.



Citrus fruits

Most people turn to vitamin C after they've caught a cold. That's because it helps build up your immune system.

Vitamin C is thought to **increase & support the production of white blood cells** - These are key to fighting infections.

Popular citrus fruits include:

- grapefruit
- oranges
- tangerines
- lemons
- limes

Because your body doesn't produce or store it, you need daily vitamin C for continued health. Almost all citrus fruits are high in vitamin C.

With such a variety to choose from, it's easy to add a squeeze of this vitamin to any meal.





Red Bell Peppers

If you think citrus fruits have the most **vitamin C** of any fruit or vegetable, think again.

Ounce for ounce, red bell peppers contain twice as much vitamin C as citrus.

They're also a rich source of **beta carotene**. Besides boosting your immune system, vitamin C may help maintain healthy skin.



Beta carotene helps keep your eyes and skin healthy

Broccoli

Broccoli is **supercharged** with vitamins and minerals. Packed with **vitamins A, C, and E**, as well as many other **antioxidants** and **fibre**, broccoli is one of the healthiest vegetables you can source.

The key to keeping its power intact is to cook it as little as possible — or better yet, not at all.



GARLIC



- ▶ It adds a little zing to food and it's a must-have for your health. Early civilizations recognized its value in fighting infections. According to the NCCIH.... Garlic may also help lower blood pressure and slow down hardening of the arteries.
- ▶ Garlic's **immune-boosting properties** seem to come from a heavy concentration of **sulfur**-containing compounds, such as allicin.



GINGER

- ▶ Ginger may help **decrease inflammation**, which can help reduce a SORE THROAT and other inflammatory illnesses. Ginger may also help decrease nausea.
- ▶ While it's used in many sweet desserts, ginger packs some heat in the form of gingerol, a relative of capsaicin. Ginger may help decrease chronic pain and may possess cholesterol-lowering properties.



SPINACH

- ▶ Rich in **vitamin C** & packed with numerous **antioxidants** and **beta carotene**, which may increase the infection-fighting ability of our immune systems.
- ▶ Similar to broccoli, spinach is healthiest when it's cooked as little as possible so that it retains its nutrients.
- ▶ Light cooking enhances its vitamin A and allows other nutrients to be released from oxalic acid



YOGHURT

- ▶ Look for yogurts that have "**live and active cultures**" printed on the label, like Greek yogurt.
- ▶ The cultures may stimulate your immune system to help fight diseases by balancing and boosting the GUT biome.
- ▶ Try to get **plain yogurts** rather than the kinds that are flavored and loaded with sugar. You can sweeten plain yogurt yourself with healthy fruits and a drizzle of honey instead.
- ▶ Yogurt can also be a great source of Vitamin D; Vitamin D helps regulate the immune system and is thought to boost our body's natural defences against diseases.



ALMONDS

- ▶ When it comes to preventing and fighting off colds, vitamin E tends to take a backseat to vitamin C. **VITAMIN E** is key to a healthy immune system, it requires the presence of fat to be absorbed properly. Nuts, such as almonds, are packed with the vitamin and also have healthy fats.
- ▶ A half-cup serving, which is about 46 whole, shelled almonds, provides nearly 100 percent of the recommended daily amount of vitamin E



TUMERIC

- ▶ You may know turmeric as a key ingredient in many curries. But this bright yellow, bitter spice has also been used for years as an **anti-inflammatory** in treating both osteoarthritis & rheumatoid arthritis.
- ▶ High concentrations of curcumin, which gives TUMERIC its distinctive color, can help decrease exercise-induced muscle damage.



GREEN TEA

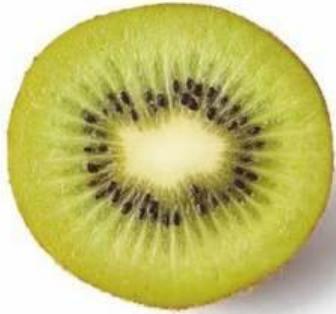
- ▶ Packed with **flavonoids**, a type of antioxidant, green tea excels in its levels of epigallocatechin gallate, or EGCG, another **powerful antioxidant** - has been shown to enhance immune function.
- ▶ Green tea, is steamed and not fermented, during production so the EGCG is preserved.
- ▶ Green tea is also a good source of the amino acid - **L-theanine** which may aid in the production of germ-fighting compounds in your T-cells.



PAPAYA

- ▶ 224 % of the daily recommended amount of **vitamin C** in a single papaya.
- ▶ Papayas also have a **digestive enzyme** called papain that has anti-inflammatory effects.
- ▶ Papayas have levels of **potassium, B vitamins, and folate**, all of which are beneficial to your overall health





KIWI FRUIT

- ▶ Like papayas, KIWI's are naturally full of a ton of essential nutrients, including **folate, potassium, vitamin K and vitamin C.**
- ▶ Vitamin C boosts white blood cells to fight infection, while kiwi's other nutrients keep the rest of your body functioning properly.



CHICKEN SOUP

- ▶ When you're sick, chicken soup is more than just a feel-good food with a placebo effect. It helps improve symptoms of a cold and also helps protect you from getting sick in the first place.
- ▶ Poultry, such as chicken and turkey, is high in **vitamin B6.**
- ▶ Vitamin B-6 is an important player in many of the chemical reactions that happen in the body. It's also vital to the **formation of new and healthy red blood cells.**
- ▶ **Stock or broth** made by boiling chicken bones contains gelatin, chondroitin, and other nutrients helpful for **gut healing and immunity.**



SUNFLOWER SEEDS

- ▶ Full of nutrients, including **Phosphorus, magnesium and vitamin B-6**.
- ▶ Also incredibly high in **vitamin E**, a powerful antioxidant.
- ▶ Vitamin E is important in regulating and maintaining immune system function. Other foods with high amounts of vitamin E include AVOCADO's and dark leafy greens.



SHELL FISH

- ▶ Packed with zinc.
- ▶ **Zinc** doesn't get as much attention as many other vitamins and minerals, but our bodies need it so that our immune cells can function as intended.
- ▶ Varieties of shellfish that are high in zinc include: crab, clams, lobster & mussels
- ▶ Daily ZINC amount is:
men 11mg
women 8mg.
- ▶ Too much zinc can actually inhibit immune system function.



IMMUNE BOOSTING SUPPLEMENTS

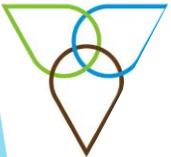
- ▶ Vitamin C – Ascorbic Acid
- ▶ Vitamin D
- ▶ Zinc
- ▶ Elderberry
- ▶ Probiotics & Prebiotics
- ▶ L-Lysine
- ▶ Medicinal Mushrooms
- ▶ Echinacea
- ▶ Selenium
- ▶ Astragalus.....



- ▶ **Vitamin C** supports the function of various immune cells and enhances their ability to protect against infection; Supplementing with vitamin C has been shown to reduce the duration and severity of upper respiratory tract infections.
- ▶ **Vitamin D** enhances the pathogen fighting effects of monocytes and macrophages (white blood cells that are important parts of your immune defence) and decreases inflammation, which helps promote immune response
- ▶ **Zinc** is needed for immune cell development and communication and plays an important role in reducing the inflammatory response.
- ▶ **Elderberry** extract demonstrates potent antibacterial and antiviral potential against bacterial pathogens responsible for upper respiratory tract infections and strains of influenza virus. It enhances the immune system response and may help shorten the duration and severity of colds, as well as reduce symptoms related to viral infections.
- ▶ **Medical mushrooms** have been used since ancient times to prevent and treat infection and disease. Many types of medicinal mushrooms have been studied for their immune-boosting potential & supplementing with specific types of medicinal mushrooms may enhance immune health – Reishi & Shiitake.
- ▶ **L-Lysine** an essential amino acid & building block of proteins has many benefits that range from preventing cold sores to reducing anxiety and promoting wound healing.



- ▶ **Astragalus** is an herb commonly used in Traditional Chinese Medicine (TCM). Research suggests that its extract may significantly improve immune-related responses.
- ▶ **Selenium** is a mineral that's essential for immune health, selenium supplements may enhance antiviral defence against influenza strains, including H1N1
- ▶ **Andrographis** contains andrographolide, a terpenoid compound found to have antiviral effects against respiratory disease-causing viruses, including enterovirus D68 and influenza A
- ▶ **Licorice** contains many substances, including glycyrrhizin, that protects against viral infections & exhibits antiviral activity against severe acute respiratory syndrome-related coronavirus (SARS-CoV)
- ▶ **Prebiotics and probiotics** both support the body in building and maintaining a **healthy** colony of bacteria and other microorganisms, which supports the gut and aids digestion. These food components help promote beneficial bacteria by providing food and creating an environment where microorganisms can flourish, boosting our immune system



- ▶ **Pelargonium sidoides** (*African geranium*) Some research supports the use of this plant's extract for alleviating symptoms of acute viral respiratory infections, including the common cold and bronchitis.
- ▶ **B complex vitamins** including B12 and B6, are important for healthy immune response.
- ▶ **Curcumin** is the main active compound in turmeric. It has powerful anti-inflammatory properties, and may help improve immune function.
- ▶ **Echinacea** is a genus of plants in the daisy family. Certain species have been shown to improve immune health and may have antiviral effects against several respiratory viruses, including respiratory syncytial virus and rhinoviruses.
- ▶ **Propolis** is a resin-like material produced by honeybees for use as a sealant in hives. Though it has impressive immune-enhancing effects and may have antiviral properties as well.



IMMUNE BOOSTING SUPER FOODS

- ▶ The **Camu Camu** berry is a natural plant source of vitamin C, stress defense neurotransmitter GABA and is a powerful antioxidant. This **powder** has a range of health benefits – it supports the immune system, protects the nervous system, and has effective anti-depressant properties.
- ▶ **Barley Grass** Juice Powder is rich in vitamins A, C, B and minerals iron, calcium, potassium, magnesium, and phosphorus. ... **Barley** Grass Juice powder has been shown to strengthen the immune system, alkalize the body, increase energy, aid digestion, relieve constipation, and improve health of skin, hair and nails.
- ▶ **Maca** Is nutrient rich in Vitamins B1,2;C & E. Minerals Calcium, Magnesium, Phosphorus, Potassium, Sulphur, Iron, Zinc, Copper, Selenium, essential Amino Acids & Phyto-chemicals – all essential Immune & vitality boosters.
- ▶ **Mesquite** is known to reduce viral load in infections due to its L-Lysine content
- ▶ **Baobab powder** is rich in antioxidants, minerals & prebiotics, along with Vitamin C and an easily absorbable Calcium content.
- ▶ **Lucuma** An Amazonian Super fruit, known as the gold of the Incans, is a super booster immune enhancing food



MORINGA POWDER

Immune System

- ▶ Moringa houses all of the essential nutrients needed to improve immunity. The amounts of Vitamins A, C & E and Zinc found in Moringa exceed the amounts found in most other plants. A dietary intake of these vitamins and minerals is critical in protecting us, and our families, from infections and keeping a healthy immune system.

Energy

- ▶ Naturally caffeine-free; Moringa contains high amounts of the various Vitamin B's, namely B1, B2, B3, B6 and B12. There is 50 x more Vitamin B3 found in Moringa than peanuts. This helps your body use protein, fat and carbohydrates to make energy. Furthermore, Moringa has 25 x more iron than spinach and is an essential element in supplying the body with energy. This high iron content not only gives the body extra energy throughout the day, but is also ideal for those suffering from anaemia. The Vitamin C found in Moringa supports the metabolism of iron, ensuring a greater uptake.

Mental

- ▶ Moringa gives the brain some gusto by providing a superfood supplement that complements a healthy well-being. Amino acids, antioxidants, vitamin E and omega-3's are just some of the best brain food ingredients that Moringa provides.



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