



Strengthening Your Immune System: Part 1

First the bad news: there is no immune system!

Now the good news: the immune function in human beings is scattered all throughout the body. Your ability to resist illness and/or stay healthy is a function of ALL of you--- your whole bodymind. We are miraculous beings with multiple strategies and faculties for combating toxins and staying well.

So what can you do to strengthen your immunity?

The most obvious answers are get proper amounts of sleep, breath clean air fully and deeply, eat pure, wholesome food, relax, laugh and have fun. In short, live a balanced life!

We do not have to be perfect. We really can tolerate some neglect and even some “abuse” if we are basically taking care most of the time.

Supplements for Boosting Immunity and Fighting Stress

As many of you know I am partial to Standard Process nutrients because they are concentrated food nutrients rather than chemical supplements. This means that they naturally contain the needed synergists to be properly used by the body. There is no need for mega dosing as the body is able to readily absorb and use the nutrition in its natural form. In addition they are organic and contain no additives. Food is always our best source of the nutrients we need, but with our western diets being what they are it is difficult especially in the winter to get what we need. This being the case, concentrated food supplements can help you get the nutrition you need in a way that synchs with the body’s natural style.

Suggested supplements to help keep your immunity up and your stress down

Balanced B complex

E.G. same amount of each of the major B's

Vitamin C

Both the above vitamins are water soluble and need to be taken daily especially in winter and when under stress.

Calcium/Magnesium

*These two need to each be taken in a day in order to be absorbed and properly utilized by the body. However, they should be taken separately and in a two to one ratio with the **magnesium** being the higher dose. This is contrary to traditional western approaches that throw large amounts of Calcium at people. Our need for Calcium has not increased since cave man days but our need for the magnesium to transport and absorb it has changed due to the depleted soil in which our food is grown. There are many who believe that we are seeing an increase in Osteoarthritis and kidney stones as our bodies are flooded with excess Calcium that cannot be properly transported and then ends up in the joints and stones in the kidneys.*

Multivitamin

A high quality multivitamin with the appropriate dosages and balance (can be hard to find on the shelves in most stores) between the nutrients serves as a good foundation. I recommend Standard Process or Unikey (Copper Free for women)

Echinacea C and Congaplex

*Anti Bacterial & Anti Viral Immune Support; Taken only during acute phase
Take at the first sign of a cold or flu and they often eliminate further development of symptoms*

Drenamine or Dessicated Adrenal

Anti-stress; fatigue; "burn out"

GastroFiber

Fiber, plain and simple

Immuplex

Antiviral; Antibacterial; Immune Support---preventative--may be taken throughout winter

Thymex

For infectious and inflammatory conditions

Antiviral and antibacterial; Aids in decongestion and lymphatic drainage

Stimulates immune response, speeds healing

This supplement is like a magic bullet! I have seen it clear conditions that antibiotics didn't touch! It is to be used if you DO get a cold or infection/inflammation.

These are general guidelines that can be applied to most people. For individual plans you really need to consult a professional who can assess your needs and recommend a personal plan for you. I would be happy to speak with you in this regard. I do some of

this work myself and also have a list of practitioners in the area who are available as well (depending on the complexity of your needs). For simple needs (such as the multivitamins, B's, C and Calcium/Magnesium and immune boosters) I have no issue with ordering Standard Process products for you without an assessment.

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