

DOWNLOAD PDF BALANCE YOUR IMMUNE SYSTEM WITH FOOD, HERB EXERCISE

Chapter 1 : Top 12 Immune Boosting Foods and Herbs For Rapid Healing

*Balance Your Immune System with Food, Herb & Exercise [Paul Chhabra] on theinnatdunvilla.com *FREE* shipping on qualifying offers. The human body is a complex system. However, without an immune system, the human body would be chronically sick or dead.*

Spice Up Your Immunity With Powerful Immune Boosting Foods and Herbs Adding herbs and spices is an easy way to create variety and expand the flavors of your meals—and load up the immune-boosting properties of your food, too. Herbs are typically leaves, roots, and stems used in cooking or for medicinal purposes. Spices usually come from bark or seeds, are intensely aromatic, and are generally added to dishes in much smaller amounts. Most of our common herbs and spices originated in Asia or the Mediterranean region, where many were known healing foods and immune boosting folk remedies generations before manufactured drugs or supplements were derived from them. Scientific research and analyses of these immune boosting foods and herbs have provided measurable evidence of how, or if, these herbs and spices work in any healing capacity. However, large clinical studies of these plants are still relatively rare, so we offer the following dietary ideas with a word of caution. As tasty additions to your meals, there is likely no risk. These immune boosting foods, herbs and spices can simply season your meal, or they can be taken as nutritional supplements when necessary. But if you consume them as supplements, exercise caution. Many substances with anti-inflammatory and antioxidant activity can alter blood clotting, and some herbs can interact with prescription medications. Here, we offer suggestions for spicing up your dinner—and your immune health.

Cayenne Pepper Hot and spicy cayenne pepper is a member of the nightshade family, which includes potatoes, tomatoes, other peppers, and eggplant. The heat-producing component in the cayenne fruits is capsaicin, and patches or gels containing capsaicin can be used to soothe localized pain. It turns out that capsaicin is a potent inhibitor of pain-producing substance P made during inflammation. Substance P when released by neurons worsens pain sensations. Cayenne peppers are also powerful antioxidants, as you would expect from the bright red color. Remember, most highly pigmented foods contain antioxidants. Cayenne, used sparingly, stimulates blood circulation and stimulates secretions to clear a stuffy nose making it an excellent immune boosting food. Some people sprinkle a little ground cayenne in their socks to warm their feet in cold weather or take it in capsule form for its warming effects. Also, be cautious with amounts used of spicy peppers, cayenne, and even black pepper until you know your level of sensitivity. Cinnamon Cinnamon comes from the dried bark of a tropical species of evergreen tree grown in Asia. The cinnamon more commonly sold in North America comes from the related cassia tree. It helps prevent infection and may stimulate immune activity, making it a welcome and tasty addition to your collection of immune boosting herbs and spices. It also inhibits the formation of other inflammatory substances. Some research suggests it helps regulate blood sugar a factor in inflammation, has antioxidant activity, and may reduce pain. Try it on your morning oatmeal. Free Enlightened Living Course: Clove Eugenol clove oil is widely used in dentistry as a local analgesic agent, so you may already be familiar with the smell and taste of cloves. Both an anti-inflammatory and antioxidant, the sweet, fragrant immune boosting cloves have been used to prevent gum pain—in addition to giving gingerbread and the Indian drink chai their signature aromas and flavors. Garlic This potent and pungent cooking staple provides antiseptic and antioxidant activities. In one study, garlic was shown to prevent colds or at least shorten the duration of the symptoms making it an important immune boosting food. Allicin, a potent sulfur compound found in garlic and onions, provides both their powerful pungent aromas and supports antioxidant and anti-inflammatory activity. Make Your Own Garlic Oil Chop 5 to 10 cloves of garlic and place them in a small bottle of olive oil, or pour 4 to 8 ounces of olive oil over the garlic in a bowl or container. Let it sit for a couple of days to allow the garlic to infuse in the oil, and then put it in the fridge for several days. You can add other herbs, like rosemary, to the oil as well. Use this in cooking or rub it on your chest to soothe cough and congestion. Some sailors, pregnant women, and people undergoing chemotherapy

have found that ginger helps prevent or soothe nausea and motion sickness. Nausea and vomiting are complex processes controlled by the central nervous system and influenced by psychological issues. Studies show mixed results especially with chemotherapy-induced nausea, although ginger has reduced its severity. It also aids circulation and heat generation in the body. Ginger is readily available in ginger ale, as capsules, and in candied form. Or use freshly grated ginger to make tea as a wonderful cold remedy.

Licorice Most people think of licorice as a chewy candy, but its health benefits date from ancient times. Licorice, another root, has been shown to have powerful cortisone-like activity, which means it can help diminish immune responses and inflammation, which is why it has been revered as an immune boosting herb for millennia. It works well in the gut to lessen the symptoms of an inflamed stomach. Research indicates that at medicinal doses, it is antimicrobial and an antioxidant.

Shiitake Mushrooms This fungus has been used in Chinese medicine for more than 6, years and offers another tasty and health-promoting food to your anti-inflammatory repertoire. This mushroom lessens the likelihood for heart disease by preventing immune cells from sticking to the thin walls of your blood vessels the stickiness is a consequence of inflammation , making it a unique but important immune boosting food. Soak dried shiitakes for a few minutes and then rinse; they cook better when hydrated. Taken at a medicinal level, shiitake extracts can both suppress and activate immune functions, so consult with your health practitioner before supplementing with high amounts.

Onions This flavorful, versatile addition to meals contains several immune-boosting chemical components. One is quercetin, a bioflavonoid also found in red wine, green tea, apples, berries, and buckwheat. Quercetin is not only anti-inflammatory and an antioxidant, it also acts as an antihistamine.

Oregano A powerful antimicrobial herb, oregano is effective in treating some fungal, bacterial, and parasitic infections, making it a great immune boosting herb to keep on hand or growing in the garden. Oregano has more antioxidant activity than apples, oranges, or blueberries! The popular seasoning is commonly used in Italian dishes like pizza, spaghetti, and minestrone soup.

Rosemary The highly aromatic needlelike leaves of rosemary contain substances that increase circulation, improve digestion, and are anti-inflammatory. Some studies suggest it may reduce the severity of asthma attacks. In animal studies, an extract made from rosemary leaves was shown to have powerful and measurable antioxidant and anti-inflammatory effects. In a study at the University of Florida, white blood cells isolated from 10 people were incubated with hydrogen peroxide, which causes oxidative damage to DNA. Blood cells from people who consumed capsules of rosemary or ginger or turmeric for a week were protected from this oxidative damage. The rosemary also lowered the inflammatory markers in the cells. Rosemary grows wildly in many parts of the world and is an easy immune boosting herb to have on hand dried or freshly growing in a pot.

Thyme Thanksgiving stuffing, fragrant with thyme and onions, may actually protect us from infections during the holidays. Also an antioxidant, thyme has been shown to prevent oxidative damage to DNA in human lymphocytes. In other words, it protects genes. It also contains quercetin, found in onions, which inhibits histamine.

Turmeric Curcumin The slightly bitter, bright yellow-orange turmeric root contains curcumin, a main ingredient in curries. Used for its intense yellow color think mustard , curcumin is a powerful anti-inflammatory that may protect the liver from toxins. Antioxidant herbs contain chemical components called phenolics, flavonoids, carotenoids, and other phytochemicals. Except for oregano, all these herbs and spices have anti-inflammatory qualities. Herbs with antibiotic, antibacterial, or antifungal activity include cinnamon, garlic, ginger, licorice, oregano, and thyme.

About The Author Elson Haas, MD is a medical practitioner with nearly 40 years experience in patient care, always with in an interest in natural medicine. Haas has been perfecting a model of healthcare that integrates sophisticated Western diagnostics and Family Medicine with time-honored natural therapies from around the world. Sondra Barrett, PhD, is a scientist, writer, speaker, and award-winning photographer whose curiosity helps her investigate problems and find creative solutions.

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Chapter 2 : TIPS TO BALANCE YOUR IMMUNE SYSTEM | Natural Path Remedies Research Blog

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What causes you have a stroke? Click here to view in a new window Q: His history no high blood pressure, non-diabetic, no history of heart attics, stroke etc I believe this could be a combination of many things, like yeast build up, gas, arteries clogged. Can you help me? The best way to find out is have your father or someone on his behalf to schedule a health consultation so we can get at the root of the problem. I read most of your articles. I believe that God has put me here for a reason. I have been blessed with the ability to for see things and when I think about something hard enough BAM!! I think of someone and they show up, so in regards to my current situation YES. I did have a hand in this. I keep thinking of not wanting to get HIV. Then two months before getting my initial test. It was on my mind. Then I got a physical and I was like no going to take this test but went ahead anyway and here we are. Do I believe in it? I now believe in blood toxicity. What I want is to know how to shape my mind. Do I need Chakra balance? What can I do to stop the thoughts? How do I reverse my mind to stop thinking on things. I try so hard to see happy things and feel happy thoughts. BTW in Jan I thought about a cold sore and it appeared. Thanks for explaining all that! So glad you enjoy my articles, Beloved! You are a powerful person and you will be dangerous in a good way when you learn the power of your mind. I have a question for you. Do you have any formula for this? This is for a friend of mines. He loses balance, becomes ferociously nauseous, dizzy and cant stand etc This sometimes is hours He needs to perform the Full Body Detox first and foremost. He needs to do a series 6 or more of ear coning. I also recommend he takes Oxy-Drops 30 drops per glass of water. He needs to listen to that spiritual message coming from on high that he is ignoring. Let him who have ears spiritual ears to hear, hear! Hello how are you? My mom is now in the hospital with after having a mild stroke and she has diabetes and high blood pressure. What can my sisters and I do? The best, intelligent and wise thing to always do to every disease is to change the diet to a healthy one. My wife is interested in taking natural progesterone to balance her hormones. Is this something, that is ok to take? Look for a natural progesterone cream at a good health food store like Whole Foods Market. You could also take 3 capsules of Wild Yam Root daily. What do you have for stiffness? Hands that cannot close, and feet that cannot walk on their own much less to stand up. She is in a wheelchair, and the stiffness comes from the shoulder all the way down to her hands, and even her legs. The weather does not help either, it gets worst especially like today as the snow, and the low temperature hits low. What can you recommend to help me? It very well may be a condition of excess lactic acid, from diet built up over the years. Lactic acid causes stiffness in the body. Have her soak daily for about 1 hour in warm water, and boxes of sea salt or 78 ounces of sea salt. Can this person perform the Full body Detox? This person should drink vegetable juice daily. A raw foods diet would be best to get some immediate results. In general, I feel much better. My question is if I can eat spirulina. In case you do not know Ultimate Meal you can see it at www. Your customer service rep told me after full body detox is good to take cholesterol formula. Is enough or Do I need to take lose weight tabs? I am taking care of my diet and exercise 3 -4 times a week 2 hours each with stationary bike or tread mill and exercises with weights. Spirulina and Ultimate Meal are excellent supplementary products to take in order for your body to receive an adequate amount of protein while on the cleanse. Yes, take Cholesterol Formula and Intestinal Cleanser after you complete the cleanse. These products will serve as a transitional period as your body slowly accustoms to returning back to normal routines. I have uterine fibroids that are causing irregular periods and anemia. I would also like to know if these formulas prevent pregnancy or if I need to take the herbal contraception as well. I need to replenish my supply. Is there anything to help a person with what doctors say is Multiple Sclerosis, lesion in spine and brain in MRI test and balance is off? You can take the Menstrual Cycle Formula and the Fibroid Formula together, as they complement one another. These formulas will help reduce your symptoms. Herbal Contraception is the best

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formula to take to help reduce the risk of unwanted pregnancies. For multiple sclerosis, first perform the Full Body Cleanse. This cleanse will help reset your system and perform optimally. I have been anemic since my cycle started age In the year I had the first tranfusion and found out that I had fibroids. At that time they were small. It took three years later to find out that you can shrink them and dissolve them from a book called healing fibroids a natural cure. I have always been a heavy bleeder but in the bleeding got worse where i had to leave work to go to the emergency room. I got IV fliud and was told this is my normal period. I never had to go to the hospital because of bleeding too much. Got off the pill because of the weight gain and was still bleeding hard due to everyday stress. All the doctors want to do is cut me. After the last transfusion, I decided to get iron through IV. The hospital gave me too many things at once. I was fine when I got home but, at 11pm I could not sleep too well. I began having heart palpitations. Rushed to the ER in such pain, I was in pain to stand up, in pain to sit down. I had to pace the floor and sit down and get back up again several times. It stopped at 4: Well they kept me for four days. Every test and xray done on me and they found nothing wrong with my heart. But what on earth caused the pain. I have not been able to work for the past 3 years. I blacked out in the shower in I am currently taking cold pressed wheat germ oil to put oxygen in my blood and to stop the pain in my chest. I look worn, my skin from head to toe is covered in scars, and I have no finger nails and my hair is greying all over. I am 36 and I am literally half dead. Can any of your products help me get me up off the couch and walking like a normal person again. In addition to performing these kits, please read our FREE articles and begin to properly educate yourself.

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Chapter 3 : Eczema & The Immune System: Balance Your Immune System To Improve Or Eradicate Your

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It is throughout our body. It consists of several levels of defence. Some of these are: As many people over the age of 20 years are deficient in HCl Acid, these supplements give the extra boost needed to kill of bugs that enter through food and water. OK – back to more levels of our immune system. Lymph nodes, which are strategically located throughout our body, are like filtering stations where toxins are dumped for purification and breakdown. They then travel to different parts of the body to mature and differentiate into Lymphocytes, monocytes, neutrophils, eosinophils, or basophil, B Cells or T cells. Each cell performs different important functions to protect our immunity. We do need to pay them in other ways though, if we expect them to carry out their functions effectively. These are some of the essential things we can do to help them do their jobs. When we fill our bodies with wholesome food and pure water, our body can produce healthy cells. This means ensuring that our diet provides the complete myriad of vitamins, macro minerals, like Calcium, Magnesium and Potassium, trace minerals like Selenium, Chromium and about 74 others, amino acids, which are the building blocks that come from proteins, all the phytochemicals that science is just begun to identify such as lutein, xanthanine, several hundred flavonoids, etc. If this sounds all too complicated – it is! Even though we may eat a healthy diet, full of fruit, vegetables, whole grains and legumes, we must understand that we may not get all the nutrients due to the fact that many of our growing soils have become depleted of minerals. Therefore the crops are lacking and this is why we supplement to get our necessary requirements. We may also not be digesting foods efficiently due to lack of enzymes, or due to problems assimilating the nutrients, which can be caused by a number of conditions, such as Irritable Bowel, Leaky Gut, inadequate villi action in the small intestines. Our family uses a daily maintenance with a complete antioxidant, vitamin, mineral and omega supplement keeps you in health! All this is available in Super Trio. Next aid for our immune system is to provide time to do its job and rebuild. This includes physical, mental emotional and spiritual rest and relaxation. This down time is when our body can focus energy on attacking invaders and building healthy new cells with the nourishment we just mentioned in 1. It is also important for everyone to have some free time, that is unscheduled time. Third, exercise is essential for healthy immunity, because of the lymphatic system. This is another crucial part of the immune system. The lymphatic fluid is only moved through the action of muscular movements. Even 15 minutes of exercise increases oxygen flow and increases WBC cell in your blood! In all aspects of natural healing, we need to look at balance. For the immune system this means building up or stimulating an under-active or weakened immune system OR, calming an over-active or stressed immune system. We can call these invaders by many different names: For simplicity sake I am going to refer to all of the above as germs. A critical point to understand is that it is not a matter of not being exposed to these germs when someone sneezes on us – it is fact that we are continuously exposed to germs. They are not the cause of the disease – they are the agent that is attracted to clean it up. So those runny noses, fevers, diarrhea, coughs, even vomiting are all attempts to rid the body of accumulated toxins. Herbs can help in two ways: Secondly, if the germs do start to do their work, herbs can aid them to do it faster , while making it more comfortable for us to get through the cleansing disease process. On the other end of the pendulum, we have an over-active immune system, one which is attacking itself. In this case, the natural treatment is to work with herbal adaptogens, which help the body adapt to stress and bring it back into balance. This is where the Chinese Tonics excel. Astragalus is a herb with a long tradition of strengthening and balancing immunity. It does this by supporting T-cell function by increasing the bone marrow reserves of WBC. Jack Ritchason, Astragalus also increases interferon levels and the levels of antibodies in our blood. Studies have shown that it has doubled the life of cancer patients being treated by chemo and radiation, and as it supports the adrenals, it aids in recovery from illness and surgery. Astragalus can be effective for both under

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and over immune systems, as it is a tonic adaptogen herb. You will hear a fair bit about this herb tonight. This herbal blend combines the best known immune enhancers from 3 continents: It can effectively treat bacterial and fungal infections, expel parasites, worms and vampires. Each tablet is coated with a chlorophyll coating that only breaks down in the pH of the small intestine- thus reducing odor on the breath, yet maintaining the potency. One tablet of this High Potency Garlic is the equivalent of one large, fresh clove of garlic, picked at its optimum strength. Herbasaurus Elderberry Plus is one of the most popular products for boosting immunity for children. Elderberries contain potent antioxidants, promotes perspiration to help alleviate fever and has a specific affinity for the respiratory system. Reishi inhibits bacteria and helps the immune system combat viruses. It is very effective against these, as well as the viruses that cause common colds and flus. Both glycerine extracts and capsules are available for all ages. Silver Guard Liquid and Silver Gel are incredible products that are capable of killing just about every microbe known " within 6 minutes of contact. See other articles and testimonials about these on the blog, or email for peer reviewed studies: We use over other products that can help deal with specific challenges, but the ones I have mentioned will help the majority of people get on the right track to a more balanced immune system. If you have any immune challenges, or are concerned about the upcoming flu season, or considering dangerous alternatives such as the vaccine, PLEASE, do yourself a favour and contact us first! The immune system needs to be balanced, that means, not under or over active. Some of the most important considerations to achieve this are:

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Chapter 4 : Key Herbs, Vitamins, and Supplements to Restore Your Adrenal Fatigue - theinnatdunvilla.com

Butt Exercise for Men and Women: Saggy Buttocks and Thigh Exercise on a Fitness Ball 23 Primary yoga Slimming video yoga exercise weight loss exercise early in the morning detox yoga t.

Irregular periods Brittle hair and nails However, you can effectively treat these imbalances with the help of natural herbs, and the following are the best you can take: Epimedium This herb has been found to be effective in the treatment of irregular periods in women, as well as sexual dysfunction. It mimics the hormone testosterone and boosts sexual performance. Ashwagandha This herb is a powerful natural adaptogen that treats thyroid disorders, hormonal imbalances, improves mood, fights anxiety and depression, lowers stress, and treats and prevents Graves and Hashimoto Disease. Maca Maca has been used as a natural remedy for low libido, fertility and endurance issues for centuries. It stimulates the hormone production in the body and supplies the needed hormone amounts. It stimulates the proper function of the pituitary and hypothalamus gland and can serve as a natural Viagra. American ginseng This herb offers a milder action in comparison to the Chinese ginseng. It supports the hypothalamus-pituitary-adrenal HPA axis, and restores the hormonal balance, without overstimulating the endocrine system. Moreover, it boosts the immune system, lowers stress, and boosts the sexual drive and performance. Red Raspberry Leaf These leaves are loaded with minerals and vitamins, especially vitamin C, that boosts the uterine, and soothes menstrual pain, boosts fertility, and prevents miscarriage, heavy blood flow, and hemorrhage. It also boosts the production of breast milk, soothes pain during labor, and treats nausea. Oatstraw This herb soothes the body and the central nervous system, regulates the hormone-producing glands, boosts the nerves, improves mood, and stimulates blood flow. It is a rich source of magnesium, bio-available silica, and calcium, and regulates cholesterol levels, and boosts the health of the skin, hair, and nails. Chaste Tree Berry Chaste tree berry regulates the function of the pituitary gland and all other smaller body glands. This herb is a powerful natural remedy for the treatment of endometriosis, infertility, hormonal imbalances, menopausal symptoms, and prevents miscarriage in the first trimester. Astragalus This herb is commonly used in the Chinese medicine, as it treats asthma, heart disease, liver issues, and upper respiratory infections. A compound it contains, cycloastragenol, activates the enzyme telomerase that protects the DNA of cells during cell division. It also regulates blood sugar and blood pressure levels and regulates the secretion of insulin in the body. Milk Thistle This potent herb restores the hormonal balance in the body and detoxifies the liver. In case you suffer from a hormonal imbalance, try to treat it naturally with these herbs prior to turning to medications.

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Chapter 5 : Micronutrients have major impact on health - Harvard Health

Balancing Your Immune System There are a number of ways you can balance your immune system, and help return it to proper functioning. Ultimately, you should be doing this under the guidance of a good holistic or naturopathic physician, who can help identify your unique deficiencies, and devise a customized immune-enhancing program for you.

Fight inflammation and create easy, healthy meals! Eat An Antioxidant-Rich Diet The most primitive way to keep the immune system strong is by choosing the right fuel sources. The majority of our immune system is found right in our guts in the form of bacteria. Though many aspects of a lifestyle will affect our gut flora, food is a big one. To keep the immune system strong, we need to keep our gut bacteria strong, and to do this, we need to feed them properly. But what does healthy bacteria like to eat? Adhering to a Paleo diet is a great foundation. A Paleo diet “ when done right ” is rich in fresh, local produce, ethically-raised animal products, herbs, nuts, and seeds. These foods benefit the immune system by providing an array of vitamins, minerals, phytonutrients, antioxidants, and other nutrients. When the body is stressed, free radicals form and cause oxidation. Choosing the right foods is one simple way to keep the body protected from the damaging effects of oxidation. Some research suggests that deficiencies in minerals like zinc, selenium, copper, and iron can lead to immune deficiency. First, we need to stop doing the things that throw our bodies off-balance. Digestive inflammation and inflammatory foods can make it difficult to absorb important minerals like zinc. Then we can look at consuming particular foods rich in the minerals we want for a healthy immune system. Selenium is best found in wild-caught seafood and Brazil nuts be sure to sprout your nuts first. Pumpkin seeds and grass-fed beef are rich in iron and zinc. Consider Medicinal Herbs And Spices Take one trip into a health food or vitamin store, and you will see hundreds of bottles of herbs claiming to boost the immune system. However, can we trust that they actually work? Many ancient forms of healing, tracing all the way to Biblical times, acclaim the use of herbs for healing. These herbs have been used for centuries with renowned benefits. Understand Stress Stress can dramatically affect both our mental and physical well-being. Stress comes in many forms: Stress from a physics standpoint is force counterforce, or one intention against another. This is why you feel stress when you are pushing weights or in an argument. Is it dietary stress from a food intolerance? Is it from too much work and too little sleep? Maybe even a relationship? Stress is going to be found wherever there is a certain conflict. Remove the conflict “ your opposition to the situation ” and the stress goes away. For example, if you are stressed from lack of sleep, confront both sides of the conflict. Once you pinpoint these factors more easily said than done, you can start to come up with a solution. If getting more sleep is something you need to work on, get easy sleep tips here. Be Grateful It is said that our realities are shaped by our own perspective. Gratitude has even been associated with better sleep, better mood, and less fatigue. You can live as if nothing is a miracle, or you can live as if everything is a miracle. This is largely because, as we learned in the previous point, each individual responds to stress differently. For one individual, more isolation than normal may be required to create balance, while for another, that same amount of isolation may cause disharmony. A study found that lack of social support can result in depression. Stay true to your desires and seek genuine social interactions that involve your passions. Detoxify Your Life I tell my clients when I first consult with them that health is more about what you take out, and less about what you put in. A green juice detox will never make up for a weekend of binge eating. The real secret to a high-quality level of health is to locate and remove what is diminishing it. What 20 percent of what you do is causing 80 percent of your health concerns? From there, find out what your quality of your health would be like if you removed that one thing. Once you locate and remove the main imbalance “ could be a physical, mental, or emotional stress, a certain food craving, etc. This is the key to detoxifying: Create Balance Life is a balancing act. In Traditional Chinese Medicine, practitioners look at the body as a whole and seek to balance the different qualities of the body in terms of heat, air, earth, and water. What we learn from these ancient practitioners and even modern science is that some stress can be good “ this is called eustress. Eustress actually improves our

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resistance to stress. When we exercise, we create a stress. To a certain point, this is eustress, or good stress. Then, what started out as a good form of stress turns sour. To create balance in your life, you can replace distress bad stress with more eustress. A few ways to do this are to exercise daily, practice deep breathing, think positively, meditate, laugh, and express yourself verbally or artistically.

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Chapter 6 : Read Balance Your Immune System with Food Herb & Exercise Ebook Free - Video Daily

Healthy ways to strengthen your immune system. Your first line of defense is to choose a healthy diet. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy.

After all, an autoimmune disease represents an over-response of the immune system to its own organs and cells, so why would you want to give the immune system even more ammunition? Some people erroneously believe that because the immune system goes into "overdrive" with autoimmune disease, that they have a properly functioning -- but overzealous -- immune system. Actually, autoimmune disease is a sign that the immune system is already dysfunctional. People with autoimmune thyroid disease frequently are more susceptible to infection, catch more colds and flu more easily, and take longer to recover. These are all signs that the immune system is not functioning optimally. The immune system is what protects us against bacteria, pathogens, microorganisms, cancer cells, and other things that can be dangerous to our health. The immune system is usually on the alert to foreign substances. A properly functioning immune system identifies and then destroys substances that contain antigens. Of course, since our bodies have some cells that are actually antigens, a functioning immune system will learn to recognize "normal" antigens, and not attack them. The body has a number of mechanisms that act as the front-line against antigens. These include your skin, stomach acid which can neutralize some antigens, mucus which can trap some antigens, such as inhaled pollen, tonsils, adenoids, coughs, and tears. Internally, we have the thymus gland, the lymph nodes throughout the body, the bone marrow, and also various types of white blood cells, which can attack antigens when they are detected. In some cases, the response to an antigen is inflammation. For example, when you inhale a cold virus, it inflames your nasal passages. The inflammation process causes the body to release chemicals, which include histamine. The swelling also helps isolate the antigen from contact with body tissues and prevent its movement throughout the body. The inflammatory process and chemicals released also attract white blood cells to destroy antigens or damaged cells. When white blood cells surround and destroy foreign substances the process is called phagocytosis, and the cells are called phagocytes. Phagocytes ultimately die, and end up forming pus. You can develop something called "acquired" or "adaptive" immunity, when the body is exposed to various antigens repeatedly. A particular type of white blood cell called a lymphocyte develops. B lymphocytes -- B cells -- produce antibodies, that attach themselves to a particular antigen, and act as a flag, making it easier for phagocytes to find and destroy the antigen. T lymphocytes -- T cells -- attack antigens directly. Different B and T cells are associated with each different antigen. And, B and T cells actually have a unique ability to remember what is foreign, and what is part of the body, and then multiply those memory cells in order to more effectively wipe out the antigens. Sometimes, the immune system does not work the way it should. It may have a response that is not appropriate, it may overrespond, or not respond enough, when it encounters an antigen. It may look at an inherently harmless substance, and react as if it is an antigen. This is what happens when someone has an allergy to something that is otherwise safe for most people, such as, for example, apples, or peanuts. In autoimmune disease, the immune system decides that normal body tissues, such as the thyroid, are antigens, and puts the immune system into action to destroy it. There are a number of ways you can balance your immune system, and help return it to proper functioning. Ultimately, you should be doing this under the guidance of a good holistic or naturopathic physician, who can help identify your unique deficiencies, and devise a customized immune-enhancing program for you. But, here are some general guidelines to familiarize you with the idea of immune balancing. Take Antioxidant Supplements Dr. Selenium, to micrograms a day Whole Dr. Weil recommends no more than about mg of Vitamin C per day, other physicians recommend as much as milligrams a day to help boost immune function. Consider Immune Enhancing Supplements There are a variety of immune-enhancers available, and some of the best known, recommended supplements include: Sterols and sterolin products such as Moducare Other immune enhancing

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herbs such as Olive Leaf Extract 3. Improve Your Nutrition and Diet Eat as little processed foods as possible Avoid polyunsaturated vegetable oils and products made from them. When you need to use oils, switch to olive oil. Eat less high-glycemic carbohydrates white bread, white rice, sugary foods Reduce dairy, and if you do eat dairy foods, switch to organic versions, and be sure to include yogurt Eat plenty of ocean fish Focus on fresh whole foods as much as possible, such as fresh vegetables, whole grains Try to eat an immune-enhancing food every day. These include garlic, maitake mushrooms, broccoli, and sea greens like dulse, chlorella, and spirulina. Cooking, however, removes most of the antithyroid goitrogenic properties. Try to avoid pesticides and hormones by choosing organic produce, meats and dairy products whenever possible Be sure to take probiotics of some sort. Either by eating sufficient organic yogurt, or by taking an acipdophilus supplement. Get Sufficient Exercise Exercise is actually an immune enhancer. It creates immune enhancing chemicals, and increases oxygen, which helps fight antigens more effectively. Practice Relaxation and Stress Reduction Relaxation techniques are immune-enhancers. A positive mental attitude makes a big difference in how the body fights disease. Creative visualization establishes belief and optimism. Biofeedback or massage therapy to reduce stress. Two people can follow the same exact program, but if one is getting insufficient sleep -- and for most Americans, that means less than eight hours a night -- they will have reduced immunity against disease. Having a rounded spiritual sense and positive outlook on life can enhance immunity. Be sure to consult your own physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition. You should seek prompt medical care for any specific health issues and consult your physician or health practitioner before starting a new treatment program. Please see our full disclaimer.

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Chapter 7 : How to boost your immune system - Harvard Health

These foods benefit the immune system by providing an array of vitamins, minerals, phytonutrients, antioxidants, and other nutrients. (1) Antioxidants come in many forms, and their main job is to balance the body from the offsets of stress.

Tweet The Best Natural Herbs for Boosting Your Immune System Immune response is a natural process that takes place in the body, so one of the best ways to boost immunity is to supplement your diet with natural herbs. Unlike medications that may contain chemicals, natural herbs are safe and lack toxins that weaken the immune system. These herbs also act as natural remedies to flu and offer other health benefits for the cardiovascular and digestive systems and provide anti-inflammatory support. People take it during flu season or before coming into contact with large crowds of people. Ginseng – Panax ginseng, which is commonly referred to as Korean ginseng and the most common variety of ginseng studied, has shown promise in enhancing both immune and psychological functions. Turmeric – A component of turmeric, curcumin, is known for its anti-inflammatory effects, although research spanning the past three decades shows that it can help modulate the immune system. Ganoderma – A type of mushroom known as Reishi, ganoderma is a widely used herb in Chinese medicine for its immune-boosting effects as well as its ability to help fight viral infections. Research over the past several decades continues to demonstrate that various herbs can have positive health impacts, boosting immunity, reducing inflammation, and aiding in the reduction of symptoms associated with a variety of health conditions. Some of these herbs are more widely recognized for their health benefits. Echinacea, for example, is one of the most recognized herbs known for its benefits to immune health. In fact, echinacea first gained popularity as an alternative approach to treating even curing the common cold. Astragalus root is less recognized than many of the other immune-boosting herbs listed above, but it holds tremendous promise for enhancing immune health. Research reveals that the active component in Korean ginseng, ginsenosides, has anti-inflammatory properties as well as anti-cancer properties. Additionally, studies indicate that this herb has the potential to help ward off health conditions related to diabetes. Together, these findings warrant further consideration of curcumin as a therapy for immune disorders. Calendula is another useful herb with anti-inflammatory, anti-viral, and anti-bacterial benefits. As research continues to investigate the helpful effects of various herbs on immune health and their ability to help combat the symptoms of different health conditions, herbs hold promise as a natural way to supplement traditional medicine and bolster immunity. Adopting better lifestyle habits, such as quitting smoking, starting a regular exercise program, getting enough sleep, and other changes can give your immune system a boost. Probiotics are yet another natural solution for enhancing your immune health. By keeping your physiological systems in better balance, your immune system can better protect you from colds and disease. Given all of the ways people weaken their immune system, it is important to know how to boost it and protect against infections and disease. Natural herbs are a safe and effective way to boost the immune system and help the body defend against viruses, bacteria, and other invaders.

Chapter 8 : Top 6 Herbs To Balance Your Hormones Naturally - The Healthy Food House

Your immune system's function is to protect you against bacteria, pathogens, microorganisms, cancer cells, and other things that can be a danger to your health.

Skin issues, such as acne Changes in appetite Brittle hair and nails Irregular periods Fortunately, there are natural herbs that can help you restore the balance in the hormones, and the following 6 are the most effective:

Oatstraw It relaxes the central nervous system and soothes the body, improves mood, boosts blood flow, balances hormones, relieves stomachache, strengthens the nerves, and regulates the hormone-producing glands. It also strengthens the bones, since it is abundant in magnesium, calcium, and bio-available silica. It also reduces high cholesterol levels, and improves the health of the skin, nails, and hair.

Ashwagandha This natural adaptogen effectively treats hormonal imbalances, adrenal and thyroid balance, reduces stress, treats hyperthyroidism and hypothyroidism, and treats and prevents Graves and Hashimoto Disease. Additionally, it improves mood and fights off depression and anxiety.

Maca The Peruvian people have used this herb for centuries, to boost fertility, endurance, and treat loss of libido. It stimulates the production of hormones and replaces the adaptogenic agents. It actually adapts to the body and supplies the body with the needed amount of hormones only, or reduces their amount, if needed, and thus normalizes their levels. Moreover, Maca stimulates and nourishes the master glands in the body, the pituitary and hypothalamus gland, whose role is to regulate all other body glands. It effectively boosts endurance and improves the libido, so it is actually the natural Viagra.

Red Raspberry Leaf The tea of these leaves is high in minerals and vitamins, mostly vitamin C, which strengthens the uterine. Therefore, it reduces menstrual pain, prevents miscarriage, heavy blood flow, hemorrhage, and boosts the female and male fertility.

Chaste Tree Berry Vitex This herb has been used for long as a natural treatment of infertility, hormonal imbalances, endometriosis, menopausal symptoms, and to prevent miscarriage in the first trimester. It regulates the pituitary gland, which is the main body gland. Thus, it regulates the function of all smaller glands and thus ensures a healthy hormonal balance in the body.

Milk Thistle Milk thistle detoxifies the liver and restores the hormonal balance in the body. When the liver is full of toxins, it causes excessive estrogen hormone levels and reduced progesterone. The liver flushes the excess of estrogen, and when filled with toxins, they are not converted into waste and are not eliminated from the body. Therefore, this herb will boost the liver function and thus help the cleansing of the body and regulate the levels of the hormones. Therefore, in case you are affected by a hormonal imbalance, you should try to treat it naturally at first, and avoid all kinds of medications. This is all you need in order to live a long a happy life!

Chapter 9 : Exercises To Help Stroke Survivors Improve Balance

Yes, colds and the flu are part of it, but your immune system has a lot of other jobs to do. The hidden signs of a weakened immune system may include: Digestive problems like diarrhea, ulcers, gas, bloating, cramping, or constipation.

This means that the immune system over responds to a stimulus, which can be from something in the environment or something internal. Many therapies for eczema seek to either reduce the stimuli or suppress the immune response. Food allergy and environmental allergen testing is performed on many people with eczema to identify triggers and then advice avoidance of those triggers. Medications, commonly steroids, are given either topically or internally to suppress the immune hyper response. The recommendations in this article will focus on natural, non-invasive methods for balancing immune health without suppressing. Avoiding triggers makes sense initially but true healing will allow for reintroduction and better tolerance of immune stimuli in the long run. Lifestyle Modification For Immune Balancing: Sleep, Exercise And Diet For immune balancing and skin health, first focus on the basics. Get adequate sleep, for most people this is hours per night, but more during times of illness, pregnancy or growth. During sleep your body is producing different amounts of immune and repair cells than during the day, your immune system follows its own circadian rhythm. Slow wave sleep increases growth hormone and cell repair while decreasing stress hormone secretion. Unfortunately, one recent study in the journal Sleep Med Review, showed that more than half of children with eczema experienced sleep disturbances. Healing the immune system and eczema by supporting sleep could simultaneously reduce the rate of sleep disturbance and further improve sleep quality. Exercise has been extensively examined in relationship to immune health. Getting mild or moderate aerobic exercise can improve immune function, particularly improving the function of natural killer cells to target virus-infected cells and balancing immune cells called T cells , which play an important role in the hyper reactivity of eczema eruptions. Exercise decreases resting levels of the stress hormone cortisol and increases the release of endorphins, feel good molecules. Toxins are released through sweat during exercise. It is important to point out that some eczema sufferers have exacerbations of itching with heavy sweating. Plan on wearing appropriate clothing to vent moisture and regulate body temperature. The last lifestyle factor is perhaps the most important. Diet plays a crucial role in the development and intensity of eczema. Not only do food allergies contribute to the pathogenesis progression of eczema in children, but also many food additives, coloring and preservatives are known immune irritants. Much has been published recently regarding food additives and ADHD. One demonstrated mechanism of this has been an alteration in the breakdown of histamine. In eczema that same histamine molecule plays a lead role in the swelling, itching and inflammation. Nutrients For Immune Health 1. Vitamin A is needed for proper growth and function of the thymus, an immune gland located in the chest. It increases natural killer cell activity and regulates antibody response. Natural killer cells are responsible for identifying and neutralizing virus-infected cells and rejecting tumors. This is crucial for eczema sufferers who have increased risk of herpes virus and an inappropriate antibody response. Vitamin A is also essential for proper repair of epithelial cells, the type of cell that makes up the surface of your skin. Liver, carrots, spinach, cantaloupe and apricots are good sources of Vitamin A. The dosing for supplemental use is 10, IU per day, but this intake is not safe for pregnant women as high doses of Vitamin A can cause birth defects. Histamine is a molecule that also acts as a neurotransmitter in the body. It can change your blood vessel walls permeability, letting in more immune cells and contributing to the hyper response characteristic of eczema. Histamine also provokes the itchiness experienced by nearly all eczema sufferers. Foods rich in quercetin flavonoid are apples, onions, green tea and leafy green vegetables. Supplemental quercetin should be dosed at mg twice daily. Zinc deficiency has been found more commonly in eczema sufferers than in the general population. Adequate zinc is required in the metabolism of essential fatty acids such as Omega 3 fats that are crucial to both immune and skin health. Foods sources of zinc include

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animal protein, beans, whole grains, nuts and seeds. Zinc supplementation should be 15mg daily, ideally in the picolinate form for best absorption and utilization. Herbal Medicine For Immune Health 1. Astragalus
Astragalus membranaceus is an herb very popular in Traditional Chinese Medicine for its immune supportive properties and adaptogenic properties. Adaptogens help people adapt to stress by modulating the HPA axis, a hormone network within the body. Astragalus is especially appropriate for people with eczema for its immune benefits but also because decreasing stress can help prevent skin eruptions. Astragalus has also been shown to decrease recurrence of asthma in children, improving another condition of immune hyper-reactivity. Burdock root *Arctium lappa* contains inulin, a phytochemical that activates a different pathway in the immune system called the alternate complement pathway. This mechanism has been shown to be underutilized in persons with atopic dermatitis eczema. Unfortunately, secondary infection of *Staph aureus* is not uncommon in eczema lesions. Dandelion *Taraxacum officinale* root also contains inulin like burdock root so it can help with the killing of hazardous bacteria. Dandelion also decreases inflammation, a hallmark of eczematous skin conditions. It is also an herb that supports liver health and detoxification which can reduce internal immune stimuli such as heavy metals or solvents. Reducing body burden of toxins can decrease immune reactivity and subsequently reduce eczema eruptions. Dandelion root also contains potent anti-oxidant function, neutralizing harmful free radicals. You may also like to read: