

Immunity & Infectious Disease

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Immune System



Innate System

Interferon
System

Adaptive

Your ability to fight infections is directly related to your immune function.

Your immune system is made to fight pathogens. You come into contact with pathogens every day, all day. They are in the air, in your food, literally everywhere.

What reduces immune function?

TOXIN LOAD

ENDOCRINE
ISSUES

DIGESTIVE
ISSUES

Inflammation

Reactive/Inflamed/dysfunctional

AUTO-IMMUNE
DISORDERS

NUTRITIONAL
DEFICIENCIES

FEAR/
STRESS

Get to Source

Addressing Inflammation?

It's ALL about the TERRAIN

- **Toxin Load** - Reduce unnecessary medications, reduce exposure in the air, water, food.
- **Heal the gut!** - about 70% of your immune system lives in your gut. Undigested food causes lots of inflammation in the gut which can cause leaky gut. These undigested food particles can get into the blood and cause an immune response and inflammation in the body. Digestive issues can also lead to nutritional deficiencies due to poor assimilation.
- **Address nutritional deficiencies** - Even in this modern era people are walking around with nutritional deficiencies. Sometimes this is caused by medications, lack of proper diet, and/or poor assimilation of food.
- **Fear/Reduce Stress** - Turn off the news.....stress triggers inflammation and gut hyper-permeability. Chronic cortisol and other adrenal hormones cause inflammation in different ways and in different areas of the body.
- **Auto-immune Disorders** - These disorders are on the rise and can inhibit the body from properly responding to pathogens. Herbs and natural interventions can help.
- **Endocrine Issues** - Type II diabetes, menopause, puberty, thyroid issues.....all work reduce immune function.

Toxin Load

- In the HOME
- In the FOOD
- In the WATER
- Injected and ingested toxins:
 - Synthetic Medications (find other tools and life style changes, if possible)
 - Aluminum, mercury, lead, glyphosate, many more.
Exposure to heavy metals/toxins/injected proteins are linked directly to autoimmune disorders.
 - EPA levels of mercury (no safe level)
 - EPA levels of aluminum (200 micrograms per day ingested)

Heal the Gut

- Plant-based Diet (includes animal protein!)
- Juicing/intermittent fasting, Nutrient dense foods
- Eliminate triggers: dairy, eggs, soy, wheat (gluten), refined sugar, many others. (GMO, glyphosate) **Why are we allergic to our food???**
- Herbs: Oregon grape root, marshmallow root, activated charcoal, garlic, ginger, turmeric, many others
- Medications can reduce gut function/cause nutrient deficiencies (antibiotics, PPIs, steroids, many, many more)

Nutritional Deficiencies

MANY ARE NUTRIENTS THE LIVER NEEDS TO DETOXIFY THE BLOOD.

- Mineral Depletion (magnesium, zinc, boron, silica, potassium)
- Vitamin Depletion (A, B, C, D, E, K)
- Not enough fatty acids
- Not enough fiber in the diet
- Unhealthy gut microbiome
- Too much SUGAR
- Many nutrients are associated with the liver

Reduce Fear/Stress

- Reduce computer time/social media, TV!!!!
- Reiki/ Energy Healing
- Meditation
- Herbs
- Float tank therapy
- Yoga
- Mindful Practices
- Breath work
- Daily light exercise
- Do the things you LOVE
- Address your life's trauma AND RELEASE FEAR

Auto-immune Disorders

- Type II Diabetes and other endocrine issues can lead to immune dysfunction. Addressing blood sugar issues with diet and herbs.
- There are many auto-immune disorders and each one has their unique challenges. Work with a practitioner to see your options and how to best address with the issue.

Herbal Interventions

Address: toxins, digestive issues, nutritional deficiencies, stress, auto-immunities, endocrine issues

- **Toxins** - Burdock root, dandelion root and leaf, nettles, milk thistle, turmeric etc....support organs of elimination (liver, kidneys, skin, lungs, lymphatic system) to excrete daily toxins.
- Tonic foods and herbs for **nutritional deficiencies**: nettles, oat straw, FOOD, helps to address **digestive issues** too.
- **Adaptogens/Nervines**: For **Stress, auto-immunities** and **endocrine issues**- holy basil, ashwaganda, eleuthero, rhodiola, astragalus, schisandra, nettles, oats, mimosa bark, chamomile, linden, lemon balm, cats claw, CBD products.

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Antivirals/Antimicrobials

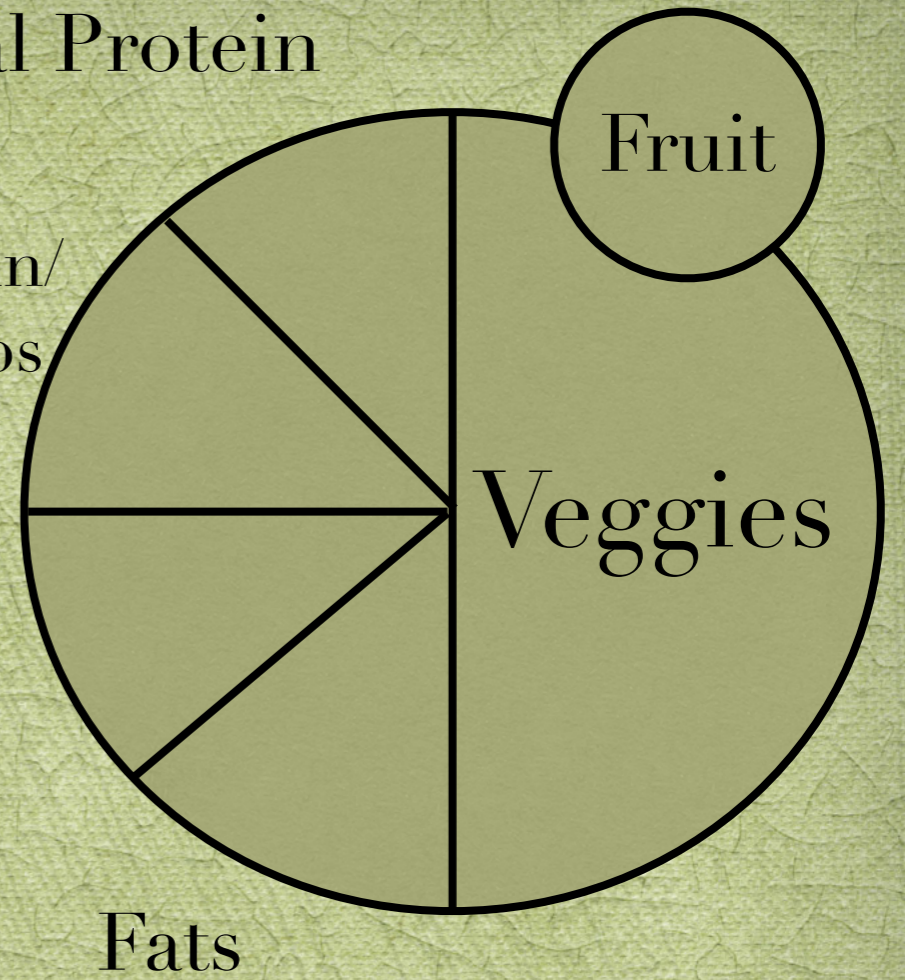
- Cinchona bark, Sweet Annie (quinine)
- Berberine containing plants: Oregon grape root, goldenseal, barberry root.
- Thyme, oregano, rosemary, lavender
- Lomatium, osha, olive leaf
- Supplements: Vitamin D3, Quercetin, ECGC (green tea), Vitamin A, Selenium, Zinc, Grapeseed Extract.



Animal Protein

Other protein/
healthy carbs

Starch



Plant-Based Diet

Includes animal protein

Sacred Tree



Herbals

Herbs † Classes † Consults

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