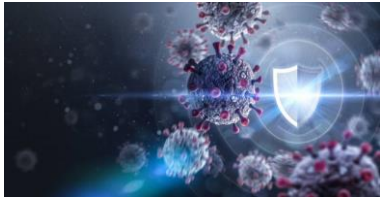


HEALTHY CELL CONCEPT V - Cell Protection

BY Dr. Rowen S. Pfeifer

Every second of every day there is an unseen war that is raging inside your body on a microscopic level. It is occurring between molecules, organelles, cells, bacteria, viruses, and other minute organisms. In this war are swarms of potential pathogenic (disease-causing) organisms waiting to break through your outer defenses to get their foothold established.

“Cellular soldiers” are called on if these outer defenses are breached. The combination of your outer defenses and your “cellular soldiers” make up your immune system. This very complex and diverse collection of organs, tissues and cells amount to only about two pounds of your entire body weight. Even so, this system is extremely critical to your ongoing health.



There are a variety of “opportunistic” germs that seek to inhabit our bodies. These are generally known as parasites and include viruses, bacteria, fungi (mold and yeast), protozoa, and parasitic worms. While we do need an abundance of so-called friendly bacteria (Probiotics) in our colon, most people have only ½ pound rather than the three pounds that we should have. These friendly bacteria also function as a second immune system and help keep pathogenic bacteria under control.

The day-to-day lifestyle choices we make will ultimately either strengthen or weaken our immune system. These choices either keep our internal environment clean and healthy or they tend to build up the toxins, waste products and debris that these organisms feed on. The idea is to keep our “terrain” (body tissues) clean and healthy so there is no “food” (decaying matter) in your body that these invaders see as gourmet fare. Remember, they can only feed on waste products like refined white sugar and flour and incompletely digested/putrefied animal products, chemicals and additives from our diets and environment, etc. Bacteria cannot proliferate or be cultured on healthy tissue, they need rotting, decaying food sources to flourish (think buzzards feasting on roadkill). In other words, the type of “terrain” we provide either creates conditions favorable to the growth and production of these organisms or it provides conditions that are unfavorable for their growth. It is your choice, which would you prefer?

There are factors that can damage your immune system and there are other factors that will strengthen and enhance your immune system function. We need to do our best to keep the avoidable challenges from entering our bodies. These include bacteria or fungi from getting into wounds by properly cleaning the wounds as soon as possible. Clean water is a must to avoid water-borne parasites. Other challenges include physical stresses such as extreme hot or cold, exertion to exhaustion, shock, severe emotional or mental stresses, etc.

There are many medical treatments and medications that can also weaken your immune system. Anti-cancer medication (chemotherapy), drugs to prevent rejection of organ transplants and x-rays are very damaging to the immune system. In fact, chemotherapy can be so damaging that more cancer patients die from infections than die from the spread of the cancer itself. Cortisone and other steroid-type drugs also weaken the immune system. Other commonly used medications that can depress or shut down the immune system include aspirin and aspirin-like pain killers,

cortisol skin creams, antihistamines, cold and flu remedies, and decongestants. For the record, there is no medication that will kill the flu virus; it must be destroyed by the immune system. The best way to avoid or prevent the flu is not a flu shot, it is keeping your immune system healthy and strong so it can do its job and destroy the virus like it was designed to do.



Many of the so-called foods most people eat daily also work against the proper function of the immune system. Things like coffee, tea, soft drinks, and alcohol contain chemicals that interfere with the function of all the cells of your body, including the cells of your immune system. Foods containing refined white sugar and white flour are also immune system suppressants. There are approximately 10 teaspoons of white sugar in a single can of soda. This is enough sugar to depress immune system function by 33% for the rest of the day. That is, of course, only the tip of the iceberg when considering the amount of sugar consumed daily by most people. Foods with artificial sweeteners are even worse. These chemical sweeteners (i.e. – Equal, aspartame) do long term damage to the cells of the brain and can lead to serious chronic degenerative diseases.

Is there anything that we can do to protect the health and function of our body and our immune system? Yes, there are things that can be done to prevent the destruction of the cells of our body and to restore peak efficiency to our immune system. It just so happens that these are the same basic strategies that will restore and or maintain total body health. These include some of the basics already covered: the proper type and amounts of exercise, clean air and water, a diet high in organic fruits and vegetables (~ 75 to 85% raw), and freshly made vegetable juices. Although I don't entirely agree with the following concept, it illustrates well the importance of regular exercise. It goes like this:

One person eats the Standard American Diet along with a great exercise program.
A second person eats an extremely healthy diet without any regular exercise.

The concept was that you would be better off if you did not eat well but exercised regularly rather than eating healthy without exercising. Again, I don't entirely agree with this, but I do agree that exercise is vitally important to your overall health. My point is that why would you put in all the time and effort necessary in an exercise program without learning how to properly nourish the cells of your body for the best results in the minimal amount of time. There is a concept called "the limitations of perfectly for years but if your diet has a nutrients and is high in processed/trans flour products, you drink coffee, tea and is high in animal proteins, and full of colorings, flavorings, additives, and cells cannot be as healthy as they should be and breakdown will occur followed by dis-ease (the feeling that something is wrong and minor symptoms occur) and then outright disease. It would be far better to exercise and eat a healthy diet to maximize your overall health.



matter". You could exercise minimum of necessary fats, high in white sugar and soft drinks rather than water, chemicals, pesticides, preservatives, then your

High-level nutrition is essential to building a healthy immune system. This means eating only those foods that build up, restore, detoxify and repair body tissues. This is what will protect your

cells from damage and allows them to function at their best. An abundance of freshly prepared vegetable juices is wonderful for building an awesome immune system and protecting your cells. Clean water will also help you keep your cells healthy by flushing toxins out and purifying your system.

This all ties in nicely together when considering how to keep your body healthy by keeping your cells healthy. Basically, everything that keeps your cells healthy also helps prevent and reverse disease. Yes! The “causes of health” are known, and when followed, will result in a life of abundant life and vitality.

Dr. Rowen S. Pfeifer graduated with honors (cum laude) from Palmer College of Chiropractic in Davenport, IA March 20, 1987. Dr Pfeifer has been an avid student of health, diet and lifestyle principles since 1975 and has been teaching health classes and seminars, writing articles, and doing radio and television interviews for over 30 years. He lives in the Nashville, TN area where he resides with his wife, Patty. They have two children and one grandson. For more information, you can contact Dr. Pfeifer by calling 615.714.1877 or by email at drrowen@livinghealthchiro.com.