

# WORKING TOWARD OPTIMIZING YOUR IMMUNE SYSTEM

## DIET

1. Eat a plant-based, high-fiber diet that comes from varying nutrient sources-- fruits, vegetables, nuts, seeds, whole grains, beans, and legumes. Consider eating the Mediterranean diet as a prototype plant based, high fiber diet.. (See additional references at *kramermedicalclinic.com* website for a list of 106 high fiber containing food products).
2. Add resistant starches to your diet. (See additional references at *kramermedicalclinic.com* website for a list of nutrients considered to be resistant starches.)
3. Drink two cups of hot brewed green tea (not bottled) daily. (See suggested recipe at Suggested References *kramermedicalclinic.com* website).

## WATER

4. Drink at least two quarts (liters) of water (preferably distilled water) to flush through the mouth and esophagus every 24 hours thereby diluting the large concentrations of food additives, toxins and microorganisms entering the digestive tract.
5. For those households where the source of water coming in the residence is from a deep well, have the well water checked for coliform contamination at least yearly by the county health department.

## **VITAMINS AND SUPPLEMENTS**

6. Take vitamin D3, 4000 international units (100 micrograms) daily and adjust the intake based on periodic measurement of blood levels.
7. Take a fish oil supplement once a day. (Example, Jarrow Formulas EPS-DHA Balance®).
8. Take a multivitamin at least three times a week primarily to restore essential trace elements. (Example, Centrum®)

## **PROBIOTICS**

9. Only take a probiotic if recommended by your healthcare provider. At those times, take a **probiotic** containing live microorganisms that number in the billions (CFU's-colony forming units) coming from multiple different species. Select a probiotic made in the U.S. that has reviewed published research showing benefits, example, Visbiome®.
10. Eat food products that contain **probiotic** microbes. (See additional references at *kramermedicalclinic.com* website for a list of food products that naturally contain probiotics).

## **KEEP IMMUNIZATIONS UP TO DATE**

11. Keep recommended immunizations updated including: Tetanus, Shingles vaccine, Pneumonia vaccine, Influenza vaccine, and Coronavirus vaccine.

## **MOUTH CARE**

12. When possible, use an oscillating rechargeable toothbrush rather than a manual toothbrush. (Preferred brands, Oral-B® and Sonicare®.)

13. Change manual toothbrushes or replace the toothbrush tip on a rechargeable toothbrush every 90 days.
14. Brush teeth (and tongue) at least twice daily for a minimum of two minutes each time. Floss or use interdental brushes especially before the last brushing of the day before going to sleep.
15. Have dental check ups at least every 6 months.
16. Have teeth cleanings done by a dental hygienist at a minimum of twice yearly, and, ideally, every three months.
17. Avoid sugar containing gumdrops, caramels, and any medication or supplement prepared in the form of a “gummie” or a sugary chewable.
18. After eating refined sugar desserts, confections, gums, sugary beverages, mints etc., rinse and swallow water to reduce retained sugar in the mouth and on the teeth.
19. Use a toothpaste containing fluoride and baking soda to help neutralize acid produced by bacteria in the oral cavity. (Examples, Colgate, Crest, and Arm & Hammer all market toothpaste that meet these requirements.)

### **NOSE AND FACIAL SINUS CARE**

20. Avoid taking antihistamines that dry mucus secretions in the nose and dry saliva in the mouth, if this recommendation is approved by your healthcare provider.
21. Avoid self-medicating with over the counter pharmaceuticals or dietary supplements (like protein powders and meal substitutes) that have not been reviewed and approved by your healthcare provider.

22. Avoid the use of steroid containing nasal sprays if this recommendation is approved by your healthcare provider.

### **EXERCISE**

23. Get a moderate degree of exercise--up to 20 to 60 minutes--at least three days a week.

### **SLEEP**

24. Get 7-8 hours of sleep a day.

### **OTHER THINGS TO AVOID**

25. Avoid the extended use of acid reducing medications (more than 8 weeks), unless recommended and approved by your healthcare provider.

26. Avoid self-medicating with over-the-counter supplements (minerals, vitamins, meal substitutes, protein powders, etc.) that have not been recommended and specifically approved by your healthcare provider.

27. Avoid using recreational drugs.

28. Avoid artificial sweeteners with the exception of Stevia extract and Splenda®.

29. Avoid using all forms of tobacco.

30. Avoid drinking more than 1 alcoholic beverage per day, 1 can of beer, 1 glass of wine, or 1 hard liquor beverage.

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