

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 directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read references #14, #15, and #16.)
2. Add resistant starches to your diet. (See directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read reference #43.)
3. Drink two cups of hot brewed green tea (not bottled) daily. (See directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read reference #18.).

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. (See directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read reference #26.).
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. (See

directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read reference #25).

VITAMINS AND SUPPLEMENTS

6. Take vitamin D3, 4000 international units (100 micrograms) daily and adjust the dose 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 supply essential trace elements. (Example, Centrum®)

PROBIOTICS

9. Only take a manufactured probiotic if recommended by your healthcare provider. At those times, select a **probiotic** containing live microorganisms that contain multi-billion CFU's (colony forming units) coming from multiple different species. Select a probiotic made in the United States that has peer reviewed published research showing its benefit, for the illness it is being used for, example, Visbiome®.
10. Eat food products that contain **probiotic** microbes. (See directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read reference #49.).

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®.) See additional references at kramermedicalclinic.com website. (See directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read references #8 and #11.).

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 by the dentist 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 candy ” 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. (See directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read reference #48.).
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. (See directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read reference #21.).
26. Avoid using recreational drugs.

27. Avoid artificial sweeteners with the exception of Stevia extract and Splenda®. (See directions to Suggested References at www.kramermedicalclinic.com website at the top of page 1. Read reference #45.)

28. Avoid using all forms of tobacco.

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

Written by: Dean C. Kramer, M.D. (updated 10/17/2021)