What Healing Your Gut
Can Do for Your Immune System

The practicing philosophy of functional medicine is to examine the whole person and identify the root causes of ailments. Often, this course of investigation leads to the gut. That's no surprise when you consider approximately 70% of the immune system lives in the gut, and gut bacteria help your immune system's T-cells develop—teaching them the difference between foreign substances and the body's own tissues. The gut also regulates the passage of particles through the intestinal lining and into the body. With its roles in training your immune system and acting as a gatekeeper to the rest of the body, the gut is arguably the center of your health.

The discovery that the gut barrier plays a key role in immune health fueled the search to strengthen it. Researchers found that using antibodies in the gut can have a positive effect on balancing the immune system. Antibodies, also called immunoglobulins, bind bugs and toxins in the GI tract and eliminate them prior to their encounter with the immune system. As these triggers are removed, the immune system resets and can better decipher outside invaders from friendly self-tissue.

Understanding the Immune System

The immune system lives and works in every tissue and organ throughout your body. This intricate system is tasked with identifying pathogens, mounting appropriate responses, and repairing tissue damage. Any mistake in this process—for example, bacterial overgrowth—can lead to an immune response that is excessive, unresolved or aimed at the body's own tissues. Once thought to be based solely on genetics, immune system health is now known to be determined by the interaction of genes and the environment.

Your genes **+** Your environment & lifestyle **=** You!

How Clean is Too Clean?

Immune cells, called T-cells, have a long lifespan and the ability to "remember" past offenses, but they must be taught the difference between foreign substances and the body's own tissues. Many researchers suggest lifestyle may affect immune cell education. The "Hygiene Hypothesis" states that extremely clean environments fail to provide the necessary exposure to germs required to teach the immune system to launch an appropriate response against foreign substances during early stages of life.

As society has become more "sterile," immune systems have become increasingly unable to differentiate between real threats and harmless substances, which can lead to immune attacks on the body's own tissue. Exposure to antibiotics and pasteurized foods, which contain none of the bad or good bacteria that once helped stimulate robust immunity, further disrupts immune function. Add to this the prevalence of high-calorie, low-nutrient junk food in the American diet, and the result is a weak, confused immune system.

Practical Tip:

Avoid the use of antibacterial hand soaps, as they not only kill the bad bacteria, they also kill good bacteria on your skin. Using soap and water is just as effective without any negative impact on the immune system.
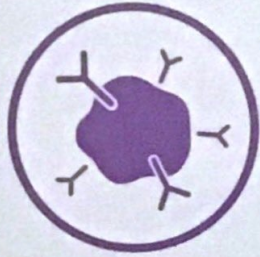
Support Your Immune System Naturally With Immunoglobulins

To help your immune system take care of threats without confusion, consider supplementing with high-concentration immunoglobulins.
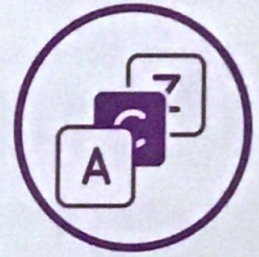
Bind Toxins and Microbes

Maintain Gut Barrier Protection

Balance Inflammation

Optimize Nutrient Absorption

Tips for a Balanced Immune System

In addition to supplementing these natural compounds, consider the following tips for balancing the immune system:

✓ **Eat more fruits and vegetables**
Brightly colored fruits and vegetables, such as berries, spinach and red grapes, are high in antioxidants, which help strengthen immunity. Fruits and vegetables also contain high levels of fiber, which promotes good bacteria and trains the immune system to respond appropriately to invaders, according to a study from the University Hospital of Lausanne in Switzerland.

✓ **Avoid gluten, dairy and soy**
Poor dietary habits are a leading cause of leaky gut. The first step in gut repair is to remove potential food sensitivities through eliminating common allergens like gluten, dairy and soy.

✓ **Add omega-3 fatty acids**
Found in fish, almonds and flax seeds, omega-3 fatty acids may improve immune health by creating a balanced inflammatory response. Fish oil supplements are an excellent way to get the recommended 4 g of omega-3 fatty acids per day. Look for products that include high-purity, high-concentration fish oil in the preferred triglyceride form for better absorption.

✓ **Drink water**
Fluids help clear airways by hydrating mucous membranes. The wetter the membrane, the thinner the mucus and the more easily it can drain from the sinuses.

✓ **Work out for 30 minutes daily**
Moderate aerobic exercise strengthens and balances the immune system.

✓ **Manage stress**
Stress can really depress the immune system and leave it vulnerable. Stress reduction techniques such as deep breathing and meditation can help balance the immune system.

✓ **Get adequate sleep**
Getting eight hours of sleep a night is important for optimal immune function because sleep is when immune cells are the most active. When the immune system doesn't get that time, it is difficult to keep up with the amount of clean-up needed to keep the body free from invaders.

Risk Factors for Immune System Decline

- ☐ C-section delivery
- ☐ Antibiotic use
- ☐ Vaccines
- ☐ Food choices, such as wheat, dairy, corn, and soy
- ☐ Chronic lack of sleep
- ☐ Excessive stress
- ☐ GI conditions, such as irritable bowel syndrome
- ☐ Lack of recovery time after intense exercise
- ☐ Poor hygiene
- ☐ Excessive sugar intake (e.g., soda, sweets, refined carbohydrates, packaged foods)
- ☐ Exposure to environmental toxins (e.g., smoke, smog, BPA, lotions, EMFs)
- ☐ Exposure to allergens (e.g., mold, pollen, dust)

SBI Protect

The only allergen-free source of immunoglobulins available as a dietary supplement

SBI Protect is a gentle, effective way to reset the immune system. It includes a high concentration of antibodies that bind and eliminate toxins and microbes in the gut. This helps balance inflammation in the body, allowing for normal healing to occur.