



OPTIMIZING IMMUNITY

DISCLAIMER: None of these protocols are to take the place of attention from a qualified medical practitioner and cannot replace medical procedures such as a vaccination etc. Best results have been realized when a combination of personal health maintenance and intelligent medical support have been used in combination

Preliminary Considerations

Behavior Management

- Proper Protective Equipment (masking etc.)
- Distancing

Dietary Observances

1. Eliminate fried foods and harmful oils from the diet
 - a. Use only olive oil or avocado oil in food preparation
 - b. **Do not consume fried foods**- either saute' or add oils after food has been cooked
2. Reduce or eliminate excessive sugar from the bloodstream, including
 - a. Drinks with high sugar content or high fructose corn syrup
 - b. Added sugar to meals
 - c. **Fast -Feast Cycle:** Eating only every 3.5-4 hrs with only water in between
 - d. Consume low glycemic foods -foods which do not cause a spike in blood sugar (see [Glycemic Index and Glycemic Load \(mendoza.com\)](http://mendoza.com))

Lifestyle

- Adequate rest
 - The average adult needs between 7 and 8 hrs of sleep. One must wake up naturally without alarm as a rule. It is generally best to adopt a routine of retiring at the same time each night and establishing a rhythm that allows the body to prepare for rest.
- Daily Physical Exercise (Qigong, Yoga, Suryanamaskars, Fire Asana- leg raises; Walking, Cardio etc). Note: it is generally inadvisable to do exercises which raise one's heat prior to retiring.
 - Of special note is the inclusion of special Qigong postures and sounds which help to support the health of the lung-large intestine meridian of the body (see Lung-Large Intestine System). These exercises are:
 - Lung Sedation (Healing): The Lung healing sound is "Sssss"
 - Lung Tonification
 - Lung Stasis (for those over 35)
 - See *Qigong Healing Prescriptions* by Ra Un Nefer Amen

The Large Intestine and Lung-Large Intestine System

The large intestine is a major site for optimizing immunity. It is estimated that approximately 70% of the immune system is located in the gut (intestinal tract) making its health a major consideration for immune health. Considerable toxic build up occurs through putrefying materials (meats), gluten, lack of fiber and overall failure to establish bowel regularity. It is very important to ensure that the bowels are moving at least daily and that stools are well formed. Toxins that are not effectively neutralized by the large intestine then travel to the lungs for removal. The progression of illness through the body is as follows:

Lung → Liver → Lungs and Skin → Lymph

In addition to the aforementioned exercises and other fundamental lifestyle observances, we need to include the following nutrients to support and cleanse the large intestine

- **Large Intestine Support**
 - **Daily Dietary Fiber**
 - **Probiotics which contain**
 - **Lactobacillus: acidophilus, bulgarus, casei, gasseri, paracasei, plantarum, rhamnosus, rueteri,**

- **Large Intestine Cleansing**
 - **Activated Charcoal**- powerful detoxifier of harmful bacteria, viruses and other toxins
 - **Take as directed**
 - **Spirulina and Chlorella** -also help with heavy metal detoxification

If the bowels are not relatively clean and healthy the immune system can never function optimally.

Key Nutritional Supplements

1. **Omega Essential Fatty Acids:** *Omega 3 and 6 Fatty acids are known as Essential Fatty Acids and are therefore vital to overall health. They must be consumed daily in proper proportions.*
 - **EPA** -2000 mg per day
 - **DHA** -2000 mg per day
 - To get other essential fatty acids from the Omega 3 group we must also consume:*
 - **GLA** (Black Seed, Borage Oil or Evening Primrose Oil should be supplemented daily)
2. **Vitamin C** -5000-8,000 mg per day (increase if respiratory symptoms arise)
3. **Esperitox** (echinacea, wild indigo, thuja combination) – take daily as directed

Additional Immune Supports

4. Garlic

- a. Raw (2-3 cloves 2-3 times per week)
- b. Also can take capsule form to avoid gastrointestinal distress

5. Selenium

6. NAC -N-Acetyl Cysteine -Precursor of glutathione and power anti-oxidant

Hormonal Support

1. **DHEA** -25-50mg, preferably with exercise
2. **Secretagogue** for those with symptoms of kidney deficiency or over 40
(See *Qigong Healing Prescriptions* and *Metu Neter Volume V* by Ra Un Nefer Amen)
Tauinetwork.com

Gemmotherapeutics

Gemmotherapy is an herbal system that make use of plant buds. The following gemmotherapy herbs have been shown to have an effect of improving overall health and immunity:

- **Ribes Nigrum (Black Currant)** -overall immune booster; especially helpful with issues of upper respiratory track
- **Alnus Glutinosa (European Adler)**- for respiratory issue of a viral nature
- **Rosa Canina (Dog Rose)** -for sinus issues
- **Walnutm**-simultaneously improves health of skin and intestines

At the First Onset of Respiratory or Viral Symptoms

- Include **Andrographis**
- Increase **Esperitox**
- Increase **Vit C**
 - a. Up to 100,000 mg has been used with absolutely no harmful effects
 - i. See *Curing The Incurable* by Thomas E Levy MD