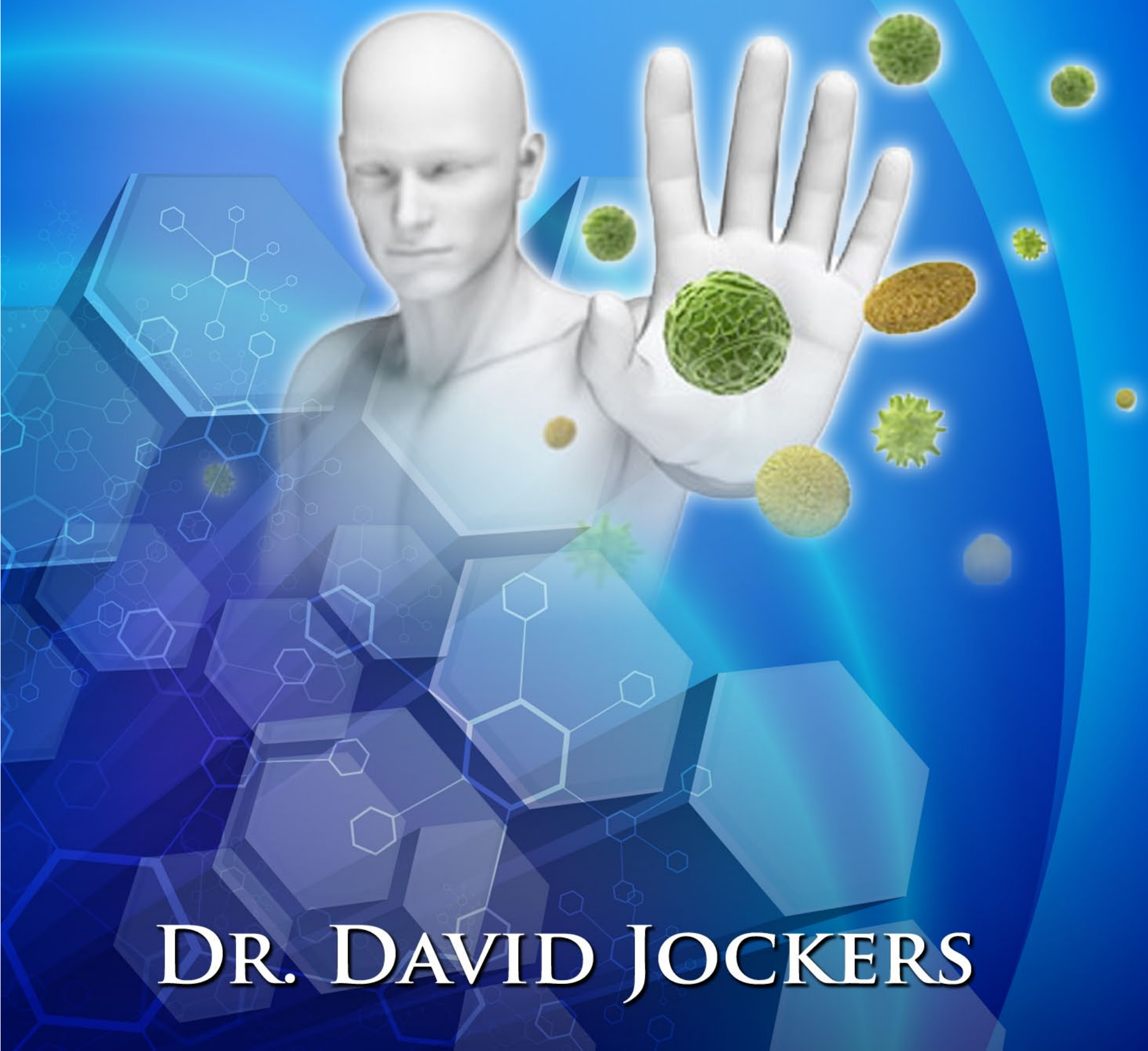


SUPERCARGED

IMMUNITY



DR. DAVID JOCKERS

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INTRODUCTION:

Have you ever struggled with your immune system? Maybe you had allergies that flared up every season and left you miserable. Perhaps you have had really bad asthma and have trouble breathing when you have an attack. Maybe you have other issues related to altered immunity such as cancer or an auto-immune disease.

Maybe you are like me and are just sick and tired of being sick and tired. I used to have constant colds, fevers and flu's. It seemed like four to five times a year I would be sniffing, tired and run-down. This problem continually distracted me and kept me from being at my most productive level and altered my mood and quality of life.

Fortunately, I learned how to apply the immune boosting strategies that I share in this book and it completely transformed my life. In the last 8 years of my life, I have only had two colds and not a flu or fever and I don't plan on having another for the rest of my life.

I tell you this so you will understand that I am not super human and I don't have a miracle supplement or technology. What I do have is a health care philosophy that has empowered me to develop a specific set of strategies to keep my immune system strong and vibrant and resist sickness and disease.

If you would like to develop a lifestyle strategy to overcome immune imbalances and the challenges of the various seasons than I invite you to walk this path with me. Together, we will learn how to strengthen our immune muscles and be prepared for the times of vulnerability and stress that lie ahead.





Chapter 1

SuperCharge Your Immune System

Every fall as the weather changes, the skies darken and the temperature drops people begin to get sick. The doctors' offices are packed and the line at the pharmacy is backed up out of the store. Much of our society has been convinced that they are genetically deficient and prone to illness and their only true solution is in man-made drugs and other synthetically derived products. This flies in the face of natural creation and thousands of years of human survival adaptations.

We were born into this world with everything we need to live strong, healthy, and vibrantly alive. God created powerful remedies for stressful seasons in natural foods and herbs that destroy dangerous bacteria, viruses, and fungi.

Old Chinese philosophy suggests looking over your shoulder for what ails you. For instance, you find artemisinin, which is a cure for malaria, in plants where malaria is common ([1](#)). In the same context, we will find support for our common health crisis within our body itself and the herbs and plants around us.

Hippocrates, the father of modern medicine, always turned first to general nutrition and care of the human frame before reverting to hand-crafted remedies. However, in times of duress he went after natural superfoods to bring balance back to the body. Three of Hippocrates favorite tools to use in times of acute infections, colds, fevers, & flu are garlic, vinegar, and oregano oil. Used for thousands of years these and many other naturally produced products have worked wonders on even the most devastating forms of infection and disease.

Building Your Immune System:

The immune system functions much like a muscle. When our muscles are challenged with exercise, they adapt & grow stronger. When our immune system is challenged through mild levels of toxic & microorganism exposure; it gets stronger & more resilient.

Example: 2 people get exposed to the same virus; one person develops the flu while the other doesn't. What is the Difference?

Develop a Lifestyle Strategy to Overcome Immune Imbalances and the Challenges of the Various Seasons

3 Major Factors:

1. **The Individual's Metabolic Capacity** – how good is this individual's body at adapting to stressors in the environment
2. **The Environment** – How many stressors and toxins are in the present environment
3. **Lifestyle** – How has this individual's lifestyle been lately – have they been building their adaptive potential or are they overstressed and toxic?

These factors are dynamically shaping our immune system each and every moment of every day. A high level athlete may be in tremendous condition but may only get 4 hours of sleep the night before a big event and may have to perform in extreme heat or cold. These factors will all affect the performance of the athlete. The same is true for our immune system.

Our goal should be to strengthen our immune system's metabolic capacity much like we want to strengthen our musculoskeletal metabolic capacity. We exercise and put tremendous amounts of physical and mental stressors on our body so we can get stronger physically and mentally. We want to do the same with our immune system and this is called Hormesis (2).

Hormesis:

Hormesis is the idea that exposure to toxic substances & environmental challenges in small amounts that the body is able to effectively adapt too is beneficial for the body (2). The basic biological trait is the organism's ability to resist and adapt appropriately to both internal & external stresses.

The hallmark of aging is the organism's inability to withstand stress (3).

We learn through our challenges in life and if we have the “right perspective” we grow and get stronger mentally and emotionally through these challenges.

*Exercise allows us to better withstand physical stress on our bodies so long as we allow for proper recovery steps to rehydrate and refuel our bodies afterwards.

*Meditation & prayer allows us to better withstand stress

*Exposure to virulent microorganisms and challenging environments allows our immune system to mature and gain strength as long as we provide the necessary modulators for it to adapt appropriately.



The Mainstream View of Health is Wrong:

Most of our society lives with the idea that health is a state of “*feeling good*,” and “*not being sick or diseased*.” We fear contact with bacteria, virus, and other microorganisms. We use anti-bacterial soap, sprays, pills, potions, & lotions. We are constantly “gearing up,” for the next big flu pandemic, etc.

1 John 4:4 “He who is in you is greater than he who is in the world.”

Our society has done an incredible job convincing us that bacteria and viruses are the cause of illness (4, 5). We somehow think that when we feel ill we should avoid others at all costs because whatever we have is contagious. Although we may not want to be around others...there is simply no truth that we have contagious disorders.

Every year we are all exposed to hundreds of different and potentially dangerous cold and flu viruses, harmful bacteria, and other microbes. Despite the exposure many of us do not get a cold or flu. Some of us do. This has more to do with the vulnerability of the individual and the strength of their internal defense (the immune system).

Very key distinctions to Make:

- 1) Opportunistic Microbes were put on Earth for a very important reason: (6)

“To compete with and break down decaying matter.”

- 2) Our job is to make sure our bodies do not constitute “decaying matter.”

Our responsibility every day is to promote life and life more abundantly in our bodies...that is the best defense against any sickness/illness or disease process.

Being a human in the 21st Century with all the stresses and pressures we have there are times where we overstress our system. These are the critical times when we become susceptible to illness. Be aware of your body & understand the times when you are susceptible.

A Fever Should Be Respected and Understood:

In traditional cultures, fevers were always well respected and understood. Most people knew that the fever would build up and then break, much like a wave rolling into shore. Now, our society tries to suppress the fever immediately using antipyretics, or substances that lower temperature.

These antipyretics include acetaminophen and ibuprofen (7). These quickly lower the temperature but they also silence the body and hinder the development of the immune system. This allows the invading organisms to survive and contribute to the formation of chronic disease.

Your Immune System is a Muscle:

The immune system functions like a muscle in that must be challenged in order to grow stronger. Without resistance the immune system cannot get any stronger. An appropriate resistance may at times give someone a cold or fever (8). This is a natural adaptive response the body makes in order to allow the immune system to function at a greater level.

Getting a cold or a flu and having feverish symptoms may be the best expression of health for someone. Their individual immune system's metabolic capacity may have been so weak that they couldn't handle the natural environmental stressors. So the body became vulnerable and developed a viral or bacterial infection.

Fevers Stimulate the Immune System:

The immune system responds in order to fend off infection and strengthen the body. Microorganisms can only survive at unique temperature ranges (9). The innate intelligence within our body understands this and has adapted since the beginning of time to create an environment that is incompatible for these infectious organisms.

As our core temperature rises, it reduces the microorganism load in the body. The body will not want to elevate temperature to the point of killing off all its good microbes but will if necessary. When the body is under extreme infection the core temperature has completely regulate the internal ecosystem.

Our normal body temperature is said to be 98.6 degrees. “Fever” is defined by an oral temperature that exceeds 100.4 degrees (10). At 101 degrees most bacteria are unable to survive and at 102 degrees the viruses are unable to replicate and spread in the body (11). Fevers are typically self-limiting and short in duration. They are not dangerous until they get up over 104 degrees in temperature (12).

The Increasing Temperature Actives the Immune System:

As the core temperature elevates it activates the CD8+ cytotoxic T cell (13). This is a special lymphocyte that is able to destroy cells infected with viruses and cancerous cells (14). Researchers have found that higher body temperatures raise the number of CD8+ cytotoxic T cells. This creates a significantly greater immune response against infection.

The increase in core temperature also elevates neutrophils which are unique immune cells that selectively target infectious bacterial cells. The temperature increase also improves enzymatic activity to create an environment that is unkind to the infectious microbes.

According to Dr. John Wherry, Ph D and deputy editor of the Journal of Leukocyte Biology “Having a fever might be uncomfortable, ... but research reports show that having a fever is part of an effective immune response” (13).

Over sterilizing our environment and using synthetic chemicals such as drugs, artificial vitamins and fever reducers only makes our body weaker. These products are like a crutch that does not allow the body to adapt and get stronger. So we end up weak and vulnerable and unable to effectively adapt to a challenging environment.

The Role of Mucous Formation:

Mucosal surfaces are the primary entry points into the body for pathogenic microorganisms (15). Until recently most scientists viewed mucus as simply a physical barrier that helped to prevent against the invasion of infectious organisms. It was also thought to play a lubricating role between tissues. However, the latest research shows that mucous appears to be the major home of a unique organism called bacteriophage (15).

Bacteriophages which are also called “phages” are viruses that infect and replicate within bacteria. They selectively target antagonistic microbes and thus enhance the health of the host.

Wherever bacteria and other microorganisms reside you will also find phages.

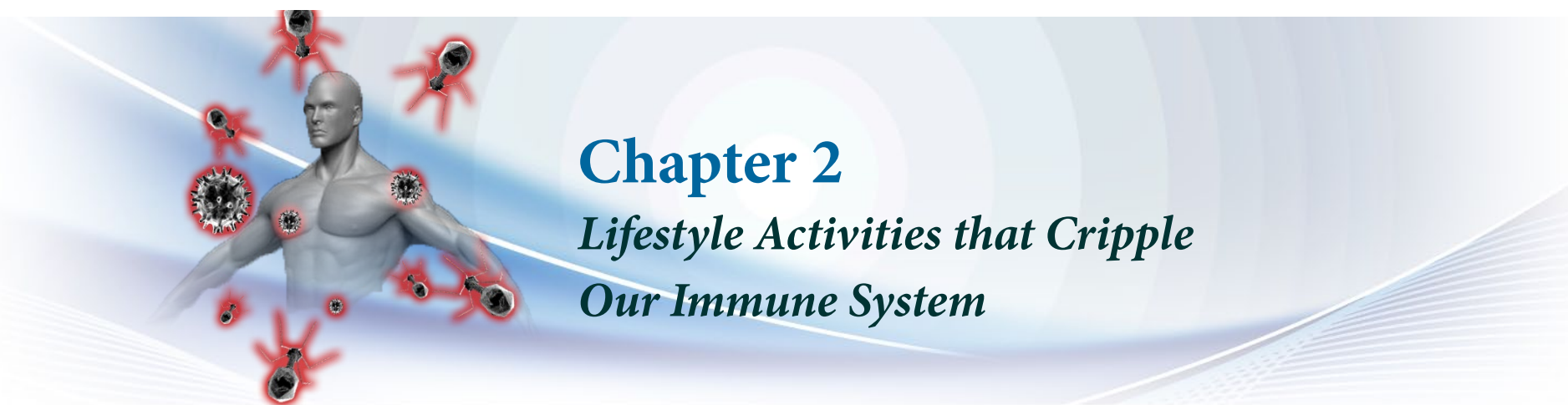
Researchers have found evidence that phages partner with host animals and humans to kill of unwanted bacterial colonies and control the composition of friendly microorganisms in the body (16). This reduces infectious organisms and improves the immune system.

In times of fever the body increases mucous to trap bacteria and enhance the activity of phages in order to reduce infectious organisms. This is an intelligent response by the body to prevent against chronic infection and disease development. Trust the body and trust your symptoms!

When is the Fever Dangerous?

You should always consult your natural health physician when fevers go over 103 degrees or last longer than four days. If the fever causes tremendous discomfort, trouble breathing or convulsions at any time it would be an indication to go to the emergency room.

One should drink tons of clean water and use electrolytes such as fresh squeezed lemon. This will support the body as it uses up fluids and electrolytes quickly in an effort to rid itself of the infectious organisms. If the temperature gets up over 104 degrees an ice bath can help bring it down a bit so as to not cause damage to any of the vital organs.



There are many common things people do in our society that cripple the immune system and make us more susceptible to illness. People often act as though they are a poor victim of a vicious assault by a pathogen when they get sick. What they don't often realize is that their lifestyle provided the proper environment for the pathogen to do what it was created to do.

The job of any pathogen is to “break down decaying matter.” Our job must be to “not be decaying matter,” by keeping our bodies functioning and adapting at their peak potential.

Here are five major things most individuals in our society do to promote illness.

1. Sugar:

Consuming sugar feeds parasites within our body and depletes our system of critical immune boosting nutrients such as vitamin C, glutathione, zinc, etc. (1). Sugar also feeds the development of abnormal tissue and cancerous growth (2). When sugar and starch is metabolized in our body it breaks down into a simple molecule called glucose that is used for energy production.

In the 1970's, Dr. John Ely discovered the Glucose-Ascorbate-Antagonism (GAA) theory (3).

Glucose and vitamin C (ascorbate) have a very similar chemical makeup. This theory proposes that elevated glucose levels compete and effectively restrict vitamin C from entering cells. Both glucose and vitamin C depend upon the pancreatic hormone insulin and its signaling effects in order to get into cells.

There is an important receptor called the Glut-1 receptor that activates in response to insulin to allow both glucose and vitamin C to enter the cell (4). However, glucose has a greater affinity for the insulin receptor. This means that the greater the content of circulating blood sugar the less vitamin C will enter the cell.

White blood cells have more insulin pumps than any other type of cell and may contain 20 times the amount of vitamin C as other cells (5). They also need 50 times more vitamin C inside the cell than in the blood plasma in order to handle the oxidative stress that occurs when they encounter a pathogenic substance.

When white blood cells encounter pathogenic bacteria and viruses they must ingest or phagocytize these organisms in order to neutralize them. The phagocytic index measures how effective a particular white blood cell is at destroying viruses, bacteria & cancer cells (6). Elevated blood sugar impairs this phagocytic index. In fact, a blood sugar of 120 reduces the phagocytic index by 75% (7).

2. Sleep Deprivation:

Quality sleep is one of the most fundamental nutrients that every person needs in order to perform at their optimal. Sleep deprivation creates a heightened stress response within the body that disrupts normal healing and tissue rejuvenation processes (8). When the body has a heightened stress response it lowers immune coordination and increases inflammatory processes.

We need at least 7 and up to 9 hours of sleep each night. Our ancestors were regularly getting 8-9 hours of sleep if not more each night. We typically try to get by on less than 7 and it leads to chronic stress, inflammation and immune dysregulation (9).

3. Drinking Tap Water:

Municipal water is extraordinarily toxic to the body and destroys the immune system. This water is loaded with environmental toxins such as chlorine, DBP's, arsenic, heavy metals and fluoride (10, 11). Proper water filtration is essential to remove these chemical agents.

High quality reverse osmosis systems are one of the very few water systems that are able to effectively remove fluoride (12). Add back a pinch of pink salt (1/4 teaspoon per gallon) to replace any lost minerals from the reverse osmosis process. Teach your children not to use municipal water fountains but instead to carry bottled water in either glass or stainless steel bottles.

4. Staying Indoors:

We spend as much as **90% of our lives indoors** nowadays and researchers are investigating our exposure to indoor pollutants as contributing causes to rising incidence of chronic illness in our society. According to the EPA, our **indoor environment is two to five times more toxic than our outdoor environment**, and in some cases, the air measurements indoors have been found to be 100 times more polluted (13).

By spending so much time indoors we are also missing out on the protective factors inherent in nature. When outside we are exposed to low levels of natural pathogens and our immune system is able to gently adapt to these. Being outside also offers the benefit of fresh air, sunlight and vitamin D3 and if you take off your shoes the electrons from the ground.

5. Chronic Dehydration:

All life began in water; even the developing fetus is surrounded by water. A water rationing system takes effect immediately in response to any form of dehydration. A neurotransmitter named Histamine becomes active and redistributes water throughout the body. Some areas of the body are obviously more important than others. The order of circulatory priority (an inborn triage system) is the brain, lungs, liver, kidneys, and glands. Of least importance are the muscles, bones & skin.

Histamine's responsibility is to ensure that these vital organs have enough water to function properly during times of dehydration. If the dehydration issues become chronic, then water must be taken from major regions within the body. Additionally, chronic dehydration can cause histamine to become excessively active leading to symptoms that are often mistaken for other disorders ([14](#)). The most common symptoms associated with dehydration and elevated histamine include allergies, asthma, dyspepsia, colitis, constipation, rheumatoid arthritis, migraine headaches and chronic pain.

6. Too Much or too Little Exercise:

A sedentary lifestyle creates a weak body and weak immune system. All life depends upon motion and when we have less than optimal motion our body becomes weaker and is unable to effectively adapt to stress. This weakens our immune system and makes us more susceptible to illness and disease. Lack of motion also leads to poor circulation, cellular oxygenation and lymphatic drainage that all act to cripple the immune system ([15](#), [16](#), [17](#)).

On the other end of the spectrum is the classic case of overtraining. When we do too much exercise it puts our body into chronic stress mode, which increases circulating glucocorticoid stress hormones ([18](#)). Elevated stress hormone release ends up leading to reduced glucocorticoid sensitivity and the inability to suppress pro-inflammatory cytokines. The result is chronic inflammation and increased susceptibility to illness and disease.

The right type of exercise along with the right intensity and the proper rest and nutrition afterwards is critical for a healthy immune system.

7. Eating Too Much and Too Often:

The immune system competes with the digestive system and kinetic system in the energy hierarchy of the body. This means that these super systems all depend upon a lot of nervous system supply and circulation in order to operate at peak efficiency. So when we are exercising – the kinetic energy system is dominant. When we are eating and shortly after eating (2-4 hours) the digestive system is dominant. When we are fasting and resting the immune system is dominant.

When we are continually consuming food every 3-4 hours like many nutritionists recommend we are denying the immune system the time it needs to effectively disinfect our system, destroy abnormal tissue and detoxify the body of dangerous poisons.

Adapting a lifestyle of intermittent fasting for 16-24 hours daily is one of the best things you can do to enhance natural immunity, cancer cell destruction and natural detoxification ([19](#)).

8. Destructive Emotions:

Low-level thinking creates chronic inflammation and oxidative stress in the body ([20](#)). Toxic emotions include anger, bitterness, unforgiveness, depression, low self worth, etc. hardwire the body for destructive energy and shut down the natural T-suppressor cells that inhibit the over production of inflammatory activity in the body.

The average person has over 30,000 thoughts a day! Research shows that fear, all on its own, triggers more than 1,400 known physical and chemical responses and activates more than 30 different hormones. Toxic waste generated by toxic thoughts malcoordinates the immune system and sets it up for hyperactive inflammatory processes.

9. Using Certain Medications:

Excessive use of antibiotics and cold and fever fighting medications weakens your immune system. Researchers found that certain people taking antibiotics had reduced levels of cytokines -- the hormone messengers of the immune system). You are more likely to develop resistant bacteria or become sick in the future when your immune system is suppressed.

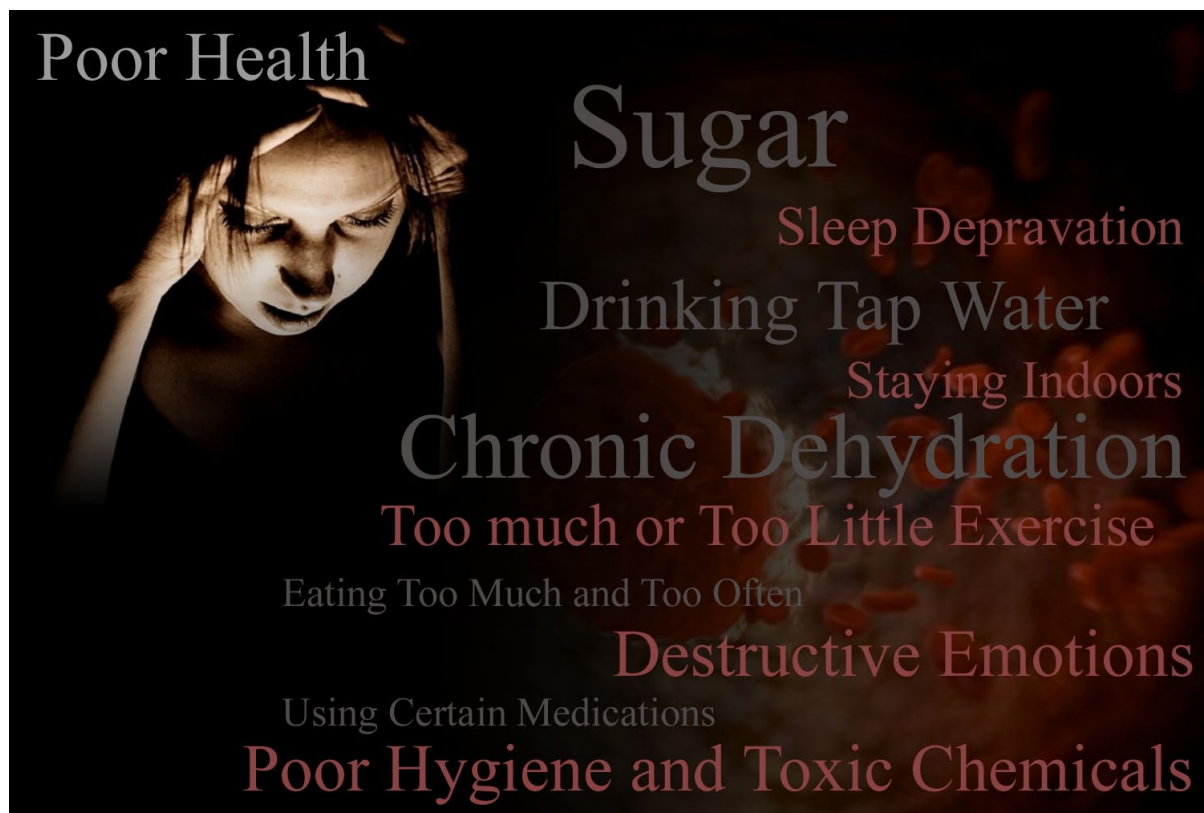
Antibiotics destroy the healthy microflora in the gut that help coordinate the immune system so it can respond appropriately to environmental stressors. Cold and fever medications weaken the immune system as they don't allow the system to create the appropriate environment for the necessary immune response. Both antibiotics and cold/fever medications also contain toxins that damage the internal systems.

The more antibiotics and cold/fever medications an individual consumes the more susceptible they are to developing frequent colds, fevers and flus. Additionally, frequent use of these medications dramatically increases an individual's risk of developing autoimmune diseases and cancer.

10. Poor Hygiene and Toxic Chemicals:

It is important to have good hygiene practices including bathing daily, dry brushing your skin and good oral hygiene. Pathogenic organisms are constantly looking to make their way in and take dominance in our body. Regular hygiene practices such as brushing and flossing our teeth are extremely critical to keep the microbial count down.

*Toxic emotions include anger, bitterness,
unforgiveness, depression, low self worth, etc.*



Chapter 3

Immune Enhancing Strategies

The average adult has two to three upper respiratory infections each year ([1](#)). We are exposed to viruses all day long, but some people seem more susceptible to catching colds or the flu. These are things to do when you are feeling immune compromised or sick:

1. Do a Daily Saline Flush:

The process of flushing your sinuses with mild salt water helps to keep these mucous membranes moist and pulls out colonies of unwanted microbes ([2](#)). This process is easy, free and significantly reduces the risk of sinus infections.

Within our nasal cavity we have tiny, hair-like structures called cilia that line the inside of the sinuses. These cilia move back and forth to push mucus around. This is how mucus gets from these cavities into either the back of the throat or to the nose where it can be blown out. The saline solution increases the speed and coordination of the cilia so they can more effectively remove the allergens and other sinus irritants.

If you have a sinus infection it can dramatically improve symptoms and improve the time to recovery ([2](#)). If you have a history of recurrent sinus infections it would be a great idea to do the saline flush daily. Use pink salts in clean, filtered water to make your saline solution.

Ingredients:

1 cup (8 oz.) filtered water
1 tsp. pink salt
1/8 tsp baking soda

Method:

1. Warm the water to a temperature that is as warm as you can tolerate.
2. Add salt and baking soda to your saline container (neti-pot or saline spray bottle).
3. Add water and mix / shake to combine.
4. Follow directions for using your saline wash container.
5. Make sure to rinse out your container after use and leave it open to air dry.

Be sure to rinse everything you use with clean water and natural soaps and let dry between uses. Don't flush more than 1-2 times daily for optimal results.

2. Go to Sleep Early:

“Early to bed and early to rise make a man healthy, wealthy and wise”

Sleep is a time when growth-promoting and reparative hormones knit up the raveled sleeve of daily life. Sleep deprivation activates the stress response, depresses immune function and elevates inflammatory chemicals (which cause you to feel ill) ([3](#)).

When you are feeling immune vulnerable it is best to get to bed as early as possible. This will maximize your melatonin and human growth hormone secretions. These hormones help your immune system regulate your microorganism count and reduce infection. When I am feeling down I try to get 9-10 hours of sleep by going to bed around 9pm. I probably do this 3-4 times a year when I am under a little more stress or as the weather dramatically changes and it makes a HUGE difference!

If you are unable to fall asleep it is best to use a melatonin spray and also drink organic herbal teas that have natural herbal relaxants such as chamomile, passionflower and valerian root. If you are very symptomatic (sneezing and lots of mucous) you could try drinking multiple cups.

3. Make Bone Broth Soup:

Growing up my mother always made me and my siblings soup when we weren't feeling well. We loaded it up with garlic and onions for their powerful immune enhancing benefits. Chicken soup has been revered for ages for its ability to improve immunity and fight off colds and flu's.

Bone broth can be made from any animal with bones and the most popular soup bones include those of fish, chicken, turkey, beef, lamb and venison. The bones house a variety of powerful nutrients that become released when they are slowly simmered in water for a few hours. These nutrients include bone marrow, which helps provide the raw materials for healthy blood cells and immune development ([4](#)).

Bone broth provides the nutritional synergy to calm an overactive immune system while supplying the body with raw materials to rebuild stronger and healthier cells ([4](#)). This is why it is such a great healing food to have when the body is encountering stress from bacterial or viral infections as well as digestive disorders and leaky gut syndrome.

Be sure to get your bone broth from an organic and pasture raised animal to maximize nutrients and minimize toxins. Add in lots of green leafy veggies and sulfur compounds such as garlic, onions, chives and leeks. Herbs such as basil, rosemary, thyme, and oregano are all anti-microbial that taste amazing in a broth or soup.

4. Gargle with Apple Cider Vinegar (ACV):

ACV is a powerful tonic loaded with incredible living nutrients. The ACV should be raw, unpasteurized with the “mother” intact. The mother is the portion of the apple that is fermented and contains the source of the good bacteria and enzymes. These enzymes help the body heal and digest nutrients from other foods.

Gargling with ACV sterilizes the mucous membranes around the throat and is a great tip for reducing sore throats. Many people like to include raw honey with the ACV to help soothe the throat. Honey has the gelatinous material to soothe the throat but also contains sugar. You could try using the honey with the ACV but I am hesitant to recommend it due to the sugar content within the honey.

5. Use a Super Greens Powder:

One of the most powerful life-giving substances on the planet is chlorophyll. This is the pigment that gives green foods their color. Chlorophyll is the major player in the photosynthetic process which allows plants to obtain energy from light by converting the sun’s rays into chemical energy.

The chlorophyll content of a food is a major indicator of the health attributes of any given plant based food. Chlorophyll rich foods have a very deep green and are extraordinarily useful in building new blood cells and purifying the body from cancer and radiation. Chlorophyll also assists in wound healing, intestinal regularity, detoxification, and deodorization of the body ([5](#), [6](#)).

Greens are Alkalizing:

Chlorophyll rich greens also have an alkalizing effect on the body ([7](#)). The acid/alkaline balance has to do with the ratio of hydrogen to oxygen. The more hydrogen = more acidic. The more oxygen = more alkaline.

Our blood stream is designed to be in a slightly alkaline state of 7.365. Stress, environmental toxins and poor diet increase the hydrogen production and put us in a more acidic state. When our physiology gets stuck in this acidic state, we lose energy and develop chronic disease.

The best way to balance this delicate pH level out is to reduce stress and toxin exposure and consume more chlorophyll and oxygen rich foods and herbs.

Perfect Food RAW Alkalizer & Detoxifier is the perfect RAW organic green super food complement to support your body’s daily balancing act; promoting healthy elimination of toxins and supporting your body’s own ability to maintain its ideal pH balance.

Take a scoop or two each day to provide the life giving chlorophyll, anti-oxidants and trace minerals to improve your immune system.

6. Get Fresh Air:

Most people are quite surprised to learn that indoor air is much more toxic than outdoor air. According to the EPA, our indoor environment is two to five times more toxic than our outdoor environment (8). In some cases the air measurements have been found to be one hundred times more polluted than outdoor air.

The World Health Organization (WHO) reported that almost 3% of the global burden of disease is due to indoor air pollution (9). It is estimated that we spend 90% of our lives indoors. Researchers are just beginning to link indoor pollutants as major contributors to the rising incidence of sickness and disease.

Be sure to get time to go outside and do some deep breathing. Even if it is cold out it is good to get some fresh air. I recommend taking a walk or a light jog in a park or a natural setting away from the roads to get the freshest air possible.

7. Drink an Organic Herbal Tea:

Herbal tea is a great way to get anti-oxidants and immune boosting compounds into your system (10). This is clean energy as you get tons of immune enhancing nutrients without any metabolic stress on your system. When I feel tired and immune vulnerable I always love to have some great organic herbal teas.

Some of my favorites include Echinacea, Ginger and Lemon Balm. I also like combination teas that are using all organic herbs and are titled things like “Immune Support,” or “Cold Care.”

8. Load up on Probiotics:

Probiotics help to improve our immune IQ (11). They do this by enhancing the coordination and energy usage of the immune system. These healthy microbes detoxify wastes, neutralize free radicals and enhance nutrient absorption. They also regulate the immune response and release natural and non-toxic anti-microbial factors.

Taking a very high dose probiotic that contains a multitude of strains (20+ is ideal) and over 300 colony forming units will act much like a strong antibiotic without the side effects.

Antibiotics destroy all the good and bad bacteria. Probiotics compete with bad microorganisms for nutrition attachment sites and secrete natural compounds that kill bad microbes. This way you repopulate your gut and mucous membranes with the good guys and kick out the bad guys!

I recommend 50-100 billion supplemental CFU for general wellness but 300+ billion for acute illness or when you are feeling very susceptible to illness.

9. Do a Liquid Fast:

In nature, when animals get sick they stop eating and instead focus on resting. This is a primal instinct to reduce stress on their internal system so their body can fight off infection. This natural mechanism allows the animal to concentrate all their internal energy systems towards immunity. Humans are the only species that often look for more food during times of illness.

Eating solid food has an inflammatory and energy robbing effect on the body. I know we all think that eating gives us energy...but it also costs us metabolic energy and produces free radicals and oxidative stress that further damages our body.

Normally, our system neutralizes this and keeps us highly functional. But when we are ill or immune susceptible than eating solid food slows down our healing process and overstresses our system. During these times it is best to drink bone broths, juice green leafy veggies and immune stimulating herbs like ginger and garlic. Eat light and focus on tons of fluids and immune enhancing anti-oxidants! The fluids and anti-oxidants will neutralize stressful chemicals and flush out unwanted infectious organisms.

10. Brush & Soak Your Body:

Your skin is your largest detoxification organ. As skin cells get closer and closer to the outer surface of the body they lose their blood supply and die. This is an effective strategy of the body to eliminate wastes in these cells by sloughing off these old dead cells. Every minute we lose over 30,000 dead skin cells which are replaced by new healthy skin cells. Bathing and good personal hygiene practices enhance the normal eliminatory patterns of the skin.

Dry skin brushing helps to improve circulation, stimulates lymphatic drainage and firms the skin. The improvement in circulation improves immunity and gives an individual more energy ([12](#)). By improving lymphatic flow it can help prevent the formation of unsightly cellulite. Dry brushing also sloughs off old dead skin cells and the toxic debris within them while initiating the development of new healthy skin cells.

Dry Brushing Basics:

It is important to find a brush with soft natural bristles. Synthetic bristles often contain chemicals that are best to avoid. The brushes are typically available at a local health food store in the price range of six to ten dollars.

It is best to begin with light, gentle brushing and overtime the skin will be able to handle brushing a little deeper. The strokes should move toward the heart to improve lymphatic flow back through the venous system towards the heart. When dry brushing the stomach it is best to go in a clockwise motion as that works with the natural digestive flow.

The skin may be slightly flushed afterwards but should not be red or sore. Be sure to avoid brushing over fresh wounds, burns and cuts. The skin should be dry but not excessively dry when brushing. One can use coconut oil during the brushing process if the skin is very dry but be sure to clean the brush thoroughly after finishing brushing.



Chapter 4

The Top 5 Immune Boosting SuperFoods

Foods that have an incredible array of health benefits that go well beyond just their nutrient value are considered super foods. These foods are typically loaded with a combination of critical fatty acids, anti-oxidant phytonutrients and essential amino acids.

Plants have had to evolve through various environmental stressors and have developed very sophisticated systems to protect them from predators and the elements. These complex systems offer humans unique survival advantages through reducing oxidative stress and improving immune system coordination. Mushrooms and onions are packed full of immune enhancing polysaccharides and phytonutrients.

Coconut, grass-fed butter and organic bone broth contain powerful nutrients that strengthen and stabilize the immune system. Nature provides an amazing array of resources to improve our health and boost our immunity. These foods contain powerful fatty acids, essential amino acids and unique phytochemicals that have a profound impact on human physiology.

Coconut:

Coconut oil is one of nature's most powerful forms of nutrition ([1](#)). Mothers' milk is considered the most perfect food on the planet for human consumption due to its ideal nutritional content and immune boosting compounds. The closest match in nature to mothers' milk is found within the coconut. This tropical staple is loaded with many powerful fatty acids that give it a unique taste and an abundance of health enhancing benefits.

Coconut oil enhances every bodily system. It is most renowned for its ability to dramatically boost immunity through the presence of medium chain triglycerides (MCT's) like lauric acid ([2](#)). When the body consumes lauric acid it is metabolized into a monoglyceride called monolaurin. Monolaurin liquefies microbial fatty cell membranes causing them to disintegrate. It is quite possibly one of nature's most powerful anti-microbial agents ([3](#), [4](#), [5](#)).

Grass-Fed Butter:

When cows eat grass they concentrate anti-oxidants into their dairy. The major anti-oxidant that is concentrated is fat-soluble form of vitamin A called retinol. Retinol is especially important for healthy neurological function, immune coordination and vision.

Grass-fed butter is also a rich source of various beneficial vitamin E tocopherols and other carotenoid anti-oxidants. These all have a positive effect at reducing oxidative stress in the arterioles and reducing risk of heart disease.

Grass-fed butter also contains powerful anti-inflammatory fatty acids. This includes the short and long-chain omega 3 fatty acids ALA, EPA and DHA. It is also the richest source of conjugated linoleic acid (CLA). CLA is extraordinary powerful anti-inflammatory fatty acid that has been shown to be anti-carcinogenic and immune enhancing ([6](#)).

Finally, grass-fed butter is one of the best sources of butyrate. This is a small chain fatty acid (SCFA) and it has a profound benefit on energy production and digestive health. Butyrate is the preferred fuel source for our large intestinal cells. This is especially important because it helps prevent and heal leaky gut syndrome ([7](#)).

Intestinal permeability is considered by many the leading source of inflammation in the body. This is most likely the rationale by how butyrate helps reduce auto-immunity and prevent cancer cell development (8).

Organic Bone Broth:

Many cultures have used bone broth to make healing elixirs, soups and stews for many centuries. The Jewish community made chicken soup the popular remedy for the common cold without fully understanding the unique health benefits in this dish. Science has revealed the amazing health benefits that come with bone broth.

Bone broth can be made from any animal with bones and the most popular soup bones include those of fish, chicken, turkey, beef, lamb and venison. Commercially raised animal bones are never recommended. Look for wild-caught fish, organic poultry and grass-fed beef bones.

The bones house a variety of powerful nutrients that become released when they are slowly simmered in water for a few hours. These nutrients include bone marrow which helps provide the raw materials for healthy blood cells and immune development.

Bone broth provides the nutritional synergy to calm an overactive immune system while supplying the body with raw materials to rebuild stronger and healthier cells. This is why it is such a great healing food to have when the body is encountering stress from bacterial or viral infections as well as digestive disorders and leaky gut syndrome.

Mushrooms:

Nature provides an amazing array of resources to improve our health and boost our immunity. Mushrooms are a type of fungus that is enjoyed by people all over the world and renowned for their nutritional benefits. These have been used in tonics, soups, teas, prepared foods and herbal formulas to promote health and longevity. In recent years, scientists have studied the medicinal benefits of mushrooms on the immune system (9).

There are thousands of different types of mushrooms with a small percentage being poisonous if consumed. Most mushrooms are edible and include white mushrooms, morels, truffles, portabellas, chanterelle, shiitake, maitake, agaricus, reishi, oyster and enoki. While all of these mushrooms have nutritional benefits, some are far denser in unique immune stimulating compounds than others.

The most common nutrients found in the majority of mushrooms include thiamin (B1), riboflavin (B2), niacin (B3), folate (B9), phosphorus, iron, pantothenic acid (B5), zinc, potassium, copper, magnesium, pyridoxine (B6), zinc, potassium, copper and selenium. All edible mushrooms are healthy for the body but some contain high levels of beta-glucans, which are an extraordinary molecule that scientists are just beginning to understand (10).

Maitake Mushrooms:

Maitake means “dancing mushroom” in Japanese because people were said to dance for joy when they found these mushrooms. They were dancing because these mushrooms were worth their weight in silver for their remarkable healing properties. Maitake has been found to contain high levels of the immune modulating molecule Beta 1,6-D glucan (11).

Agaricus Blazei Murrill Mushroom:

This mushroom commonly referred to as the ABM mushroom is grown in the rain forest of Brazil and is nicknamed “The Mushroom of God.” Studies have revealed that the ABM mushroom has the greatest density of beta glucan in the world. When human subjects were given ABM in their diet, they saw a 3000% increase in NK cells in the blood within 2-4 days (12).

Reishi Mushroom:

Reishi is rich in Beta1, 3-D glucan that boosts macrophages, T cells and cytokinetic activity. Reishi is especially good at increasing the production of the tumor inhibiting cytokines IL-1 and IL-2. Reishi has powerful analgesic, anti-inflammatory, anti-oxidant, anti-microbial effects in the body ([13](#)). It also acts to protect the liver and detoxify the body of ionizing radiation ([14](#)).

Red Onion:

Red onions get their bite from the many sulfur groups they contain. These sulfur groups include the diallyl sulfides: DMS, DDS, DTS & DTTS. These sulfur groups help produce cysteine within the body that aids in weight loss and detoxification. Additional research has shown that sulfur compounds have a strong anti-oxidant capacity that inhibits blood cell clumping ([15](#)).

Red onions are also a rich source of the flavonoid anti-oxidant quercetin and the polyphenol anti-oxidant anthocyanin. These anti-oxidants prevent the oxidation of dietary and cellular fatty acids. They are very powerful free radical scavengers that neutralize cancer cell growth and dramatically reduce whole body inflammation ([16](#)).

Simmering onions in a soup or broth will damage some of the anthocyanins but not the quercetin. The quercetin moves into the soup or broth. The lower the heat the more nutrients will be contained in the soup or broth. Studies have shown that 4-7 servings of red onions each week (equivalent to about 2-3 onions) has been associated with the greatest benefit in reducing colorectal, oral, laryngeal, esophageal & ovarian cancer ([17](#), [18](#)).

Putting This All Together:

- 1) **Cook with Coconut Oil** and look for other ways to get it in and on your body. Apply it to your skin throughout the day. Use coconut milk, coconut flakes and coconut butter for more good coconut based MCT's.
- 2) **Grass-fed butter is Fantastic** to melt on steamed or sautéed veggies and grilled meats. I don't recommend cooking with it because the high heat will damage the anti-oxidants in it. Coconut oil doesn't contain anti-oxidants so it is best to cook with.
- 3) **Make an Organic Bone Broth Soup** and add in mushrooms, green leafy veggies, onions and garlic among other things.
- 4) **Sautéing Mushrooms and Red Onions with Coconut Oil** and grass-fed butter is a tasty and immune strengthening dish to enjoy regularly.
- 5) **Melt Grass-Fed Butter** on steamed or sautéed veggies for more flavor and nutrition.



Chapter 5

The Top Immune Strengthening Herbs

Life on earth is a stressful endeavor for all living things. This stress provides an adaptive stimulus for plant and animal life to become stronger and more resilient. Certain herbs have adapted over centuries to have incredible immune enhancing properties.

Some of the most well researched anti-inflammatory, immune strengthening herbs are garlic, ginger, oregano, turmeric and green tea. These are great components to add into your daily regimen to strengthen your immune system and protect against colds, flu's and the development of chronic disease.

Garlic:

Garlic is a pungent herb and one of nature's natural antibiotics. Due to the powerful sulfur containing nutrients and immune stimulators within garlic it is classified as a superfood herb. Consumption of garlic daily may be one of the best defenses against infection and inflammatory based disease.

Garlic contains over 100 biologically active components including alliin, allicin, alliinase and unique sulfur compounds. When garlic is crushed or chewed it forces the allin and allinase enzyme together and causes a chemical reaction to produce allicin.

Allicin along with sulfur based compounds act as powerful antibiotic, anti-viral, and anti-fungal agents that have an incredible immune stimulating effect ([1](#)). Additionally, garlic is also used to lower blood pressure, cholesterol, and help prevent/reverse cancer ([2](#), [3](#)).

Researchers have found garlic to be more powerful at destroying pathogenic bacteria than the popular antibiotics penicillin and tetracycline. It is also very effective against viruses and yeasts like Candida. Garlic is also very potent at destroying tumor cells in the stomach, colon, breast and prostate among other regions ([4](#)). The sulfur compounds are also effective at detoxifying heavy metals such as mercury, lead, & aluminum ([5](#)).

The benefits of garlic can be enhanced by letting it sit for a few minutes directly after chopping. Most people chop or slice garlic and then immediately cook it or put it in an acid based solution such as lemon juice. Both of these modes of preparation reduce the allinase enzyme and decrease the availability of the sulfur compounds.

Oregano:

Oregano Oil is an extraordinarily powerful natural antibiotic. Oregano has been found in a recent study to be significantly better than all of the 18 currently used antibiotics in the treatment of MRSA staph infections ([6](#)). The strong phenol anti-oxidants destroy pathogenic bacteria, viruses and yeasts.

The USDA ranks oregano's antioxidant capacity anywhere from 3 to 20 times higher than any other herb. Oregano has four times the antioxidant power of blueberries, 12 times that of oranges and 42 times greater than apples.

Oregano oil has been classically used as a disinfectant, an aid for ear, nose, & throat/respiratory infections, candida, and any sort of bacterial or viral conditions. Additionally, it works to suppress inflammatory mediators and cancer cell production ([7](#)). Oregano oil is more potent than the dried herb; however, the dried version still contains many powerful health benefits.

Studies have shown that carvacrol, a phenol anti-oxidant within oregano has powerful anti-inflammatory and anti-microbial activity when applied to food or taken in supplement form. Oregano also contains rosmarinic acid which has very strong cancer fighting properties.

Use dried oregano on vegetables, meat dishes and salads. Oregano oil can be used as an aromatic essential oil and/or as a medicinal. Simply put a dash behind your ear and a dash on your neck. Strong oregano oil may burn a little but will wear down in a few seconds. One could also ingest oregano oil – 1-5 small drops in a glass of water as it is particularly strong.

Ginger:

This incredible superfood herb is 13th on the anti-oxidant list. Ginger is composed of several volatile oils that give it its characteristic flavor and odor; zingerone, shogaols, & gingerols. These oils are powerful anti-bacterial, anti-viral, anti-fungal, anti-parasitic agents. In addition, it inhibits cancer cell formation while firing up our body's own inborn ability to destroy the cancer cells formerly present ([8](#)).

Ginger is classified as a carminative (reducing intestinal gas) and an intestinal spasmolytic (soothes intestinal tract) while inducing gut motility. Ginger is known to reduce fever related nausea, motion sickness, and feelings of "morning sickness." Additionally, it helps aid in the production of bile, making it particularly helpful in digesting fats ([9](#)).

Ginger is also an important part of a de-inflaming, natural pain-relief program. One compound called 6-gingerol has been shown to significantly inhibit the production of a highly reactive nitrogen molecule, nitric oxide, which quickly forms a dangerous free radical peroxynitrite. Additionally, ginger helps to protect the bodies stores of glutathione, which a potent anti-oxidant and free radical destroyer ([10](#)).

Turmeric:

The orange Asian herb turmeric has been traditionally used for centuries by Ayurveda and Chinese medicine. Curcumin is the most powerful active anti-inflammatory compound within turmeric. Curcumin has been shown to be a powerful suppressor of chronic inflammatory mediated disease processes ([11](#)).

Many Asian cultures use turmeric in nearly every meal. They rave of its anti-aging and medicinal benefits. Western medicine has just begun to research it its components at a very deep level to better understand turmeric's remarkable health properties. Over 570 studies have appeared in the mainstream literature demonstrating curcumin's cancer protective effects ([12](#)).

Turmeric is the 8th highest anti-oxidant rich food on the planet. The curcuminoid anti-oxidants boost levels

of the bodies most potent anti-oxidants including glutathione, superoxide dismutase and catalase. These molecules are critical for the body to limit oxidative stress related damage to the vital organ systems.

Curcumin regulates tumor suppressor pathways and triggers mitochondrial mediated death in the cancer tissue. Curcumin is anti-angiogenic which means that it shuts down the ability of cancer cells to develop extra blood supply that these cells use to fuel on. This effect makes cancer cells more vulnerable to pharmacological treatments such as chemotherapy and other cancer control drugs.

For optimal curcumin absorption it is necessary to combine the turmeric with good fats such as coconut oil or milk or olive oil. You will also want to add a dash of black pepper for the piperine molecule that enhances curcumin uptake. You can also find fermented turmeric in an organic acid base which has extraordinarily high absorption rate.

For individuals with chronic inflammatory diseases such as cancer it is recommended to supplement with high dose curcumin. Find one that is made with piperine in an enteric coating that protects the nutrient from stomach acid for optimal absorption.

Green Tea:

Green tea is a common Asian drink that has picked up popularity throughout North America. As a trendy drink many are searching out green tea as a healthy alternative to coffee and other warm drinks. Research has shown that green tea is rich in polyphenol anti-oxidants that have extraordinary health benefits.

A November 2005 issue of Antiviral Research demonstrated how EGCG inhibits the flu virus from replicating in a cell culture ([13](#)). Scientists found that it blocks the hemagglutinin enzyme in the virus which inhibits its ability to infect other cells. It also suppresses viral RNA synthesis by altering key properties of the viral cell membrane ([14](#)).

EGCG has been shown to suppress the pathogenic viruses such as Epstein Barr, herpes simplex, HIV-1 and the influenza virus. Green tea contains high levels of L-theanine, which has been shown to activate human gamma-delta T lymphocytes to proliferate and make interferon gamma If-G. If-G is a potent antimicrobial cytokine that is the first line of defense in the blood stream against infection ([15](#)).

Green tea also contains small amounts of alkylamines which are also present in pathogenic organisms. When we drink green tea the alkylamines present act as relatively weak antigens that don't fully activate the immune system but get it in a ready state. This primes the immune system against bacterial and viral invaders ([16](#)).

Putting This All Together:

- 1) Drink organic green tea and/or ginger tea on a regular basis
- 2) Put fresh minced garlic in your food (salads, meat dishes, soups, etc.)
- 3) Use turmeric generously in meat dishes, steamed/sautéed veggies and drinks like this anti-inflammatory milk
- 4) Use oregano on salads, steamed, sautéed veggies and meat dishes. Also, consider using oil of oregano (1 drop in water).
- 5) Grate ginger on your food and/or juice fresh ginger root, turmeric root and garlic with fresh greens and cucumbers, celery, lemon/lime.
- 6) Consider supplementing with a liquid emulsified and bioactive form of Turmeric curcuminoids such as Turnero Active.



Chapter 6

The Top Immune Stabilizing Supplements

Our immune system does a remarkable job of defending us against disease-causing microorganisms. Unfortunately, sometimes it is overrun by too much stress and too many microbes. Taking key supplemental nutrients can provide a major advantage for the immune system and allow it to effectively fend off larger amounts of stress and microbial debris.

Here are some key supplements to strengthen the integrity of the immune system.

Omega 3 Fatty Acids:



Omega 3 fatty acids cannot be synthesized in normal human metabolism and thus must be derived through diet. These fats play an important role in the cell membrane and the receptor sites that bind hormones & neurotransmitters.

They also form prostaglandins (intracellular hormones which play a role in cellular inflammation cycles). The ideal ratio is 2:1 (Omega 6:3), however, the typical American diet is loaded with the Omega 6 variety due to the large impact of grains and vegetable oils, and therefore, most people are around a 16:1 ratio ([1](#)). This imbalance causes improper immune signaling, inflammation, & decreased immunological strength.

Supplementing with the long-chain EPA & DHA, the kind of omega-3 we find in seafood, provides the

body with incredible neurological and immunological support. These powerful long-chain omega-3 polyunsaturated fatty acids balance the Omega 6:3 ratio and create an anti-inflammatory reaction in the body. This reaction helps to calm the immune system and keep it firing with the balance, synchrony and precision necessary for long-term health (2).

Recommended Dosage:

Average Individual: 1-2 grams of EPA & DHA daily

Gamma Linoleic Acid:

Gamma Linolenic Acid (GLA) is a critical omega-6 fatty acid that can be found in borage oil, evening primrose oil, black current seed oil and hemp. Unlike other omega-6 fatty acids, GLA helps to control inflammation throughout the body when incorporated into the membranes of immune cells (3).

Research has shown that GLA regulates the inflammatory “master molecule” nuclear factor kappa B (NF-kB) and prevents it from switching on genes for inflammatory cytokines in the cell nuclei (4).

GLA has proven benefits in inflammatory diseases such as eczema, acne, asthma and rheumatoid arthritis. It is also shown to prevent the formation of atherosclerosis and cancer (5).

Average Individual: 250-500 mg daily

I prefer to get this with my EPA/DHA in my fish oil and/or we have a great product that boosts intracellular energy levels – CoQ10-Zyme which contains 125mg of Borage Oil per capsule.

Beta Glucan:



Beta glucan is a powerful immune stimulating compound found in several mushrooms, yeasts and other foods. Beta glucan is a polysaccharide that is made up of multiple sugar molecules linked together. The major beta glucan molecule is called 1,3-D glucan.

Polysaccharides are a diverse class of macromolecules that have a high capacity for carrying biological information due to their large structural variability. Beta glucans are known by scientists as “biological response modifiers” that bind to the surface of innate immune cells which allows the cells to have better coordination in their attack. This reduces the tendency towards autoimmune reactions and hyperinflammatory activity when the body is under attack (6).

Beta glucan also helps boost Secretory IgA (sIgA), which is the immune defense that lives within the mucosal membranes of the body. Good sIgA levels are critical for the prevention of sinus infections, seasonal allergies, leaky gut syndrome, parasites, yeast overgrowth or small intestinal bacterial overgrowth.

Average Individual: 200 mg daily

For Strong Immune Boost: 500-1000 mg daily

Super Greens Powder:



Chlorophyll rich greens also have an alkalizing effect on the body. The acid/alkaline balance has to do with the ratio of hydrogen to oxygen. The more hydrogen = more acidic. The more oxygen = more alkaline.

Our blood stream is designed to be in a slightly alkaline state of 7.365. Stress, environmental toxins and poor diet increase the hydrogen production and put us in a more acidic state. When our physiology gets stuck in this acidic state, we lose energy and develop chronic disease.

The best way to balance this delicate pH level out is to reduce stress and toxin exposure and consume more chlorophyll and oxygen rich foods and herbs.

Perfect Food RAW Alkalizer & Detoxifier is the perfect RAW organic green super food complement to support your body's daily balancing act; promoting healthy elimination of toxins and supporting your body's own ability to maintain its ideal pH balance.

Probiotics:



Our intestinal system and mucosal membranes (sinuses, respiratory tract, genitalia, etc.) are lined with billions of different bacterial colonies (We are a living bacterial hotel). Progenic or probiotic bacteria work in symbiosis with us (help promote life), whereas pathogenic bacteria create toxic waste and promote disease in our body.

Probiotic supplementation has been shown to modulate the immune system and reduce whole body inflammation ([7](#)). Supplementing with probiotics has also been shown to improve immune strength and prevent against the common cold and flu as well as other bacterial and viral conditions ([8](#)).

Average Individual: 1-2 caps of Prescript Assist daily

Vitamin D3:



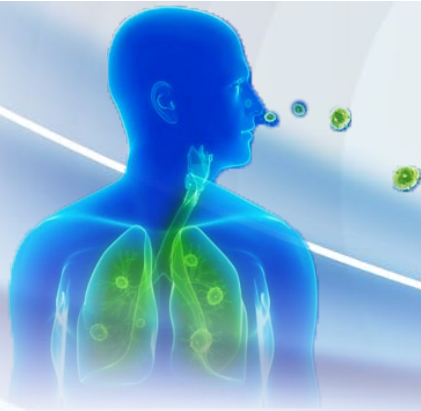
Vitamin D deficiency is a current epidemic in our society today affecting 90% of our world's population. According to Vitamin D expert Michael Holick, 'We estimate that vitamin D deficiency is the most common medical condition in the world ([9](#)).' It is clear that most people are not getting enough healthy sun exposure.

Vitamin D more resembles a hormone than vitamin by function. Hormones are chemical messengers that interact with cell receptors to produce specific biological responses. Calcitriol, the active form of Vitamin D, is arguably the most powerful hormone in the body. It has the ability to activate over 1,000 genes ([10](#)) which is roughly 5-10% of the human genome.

Vitamin D has been shown to suppress most elements of the adaptive (inflammatory mediated) immune system while inducing most elements of the innate immune system ([11](#)). Thus, D3 prevents and effectively treats autoimmune diseases by suppressing adaptive immunity while enhancing the first line of defense against invading microorganisms by strengthening innate immunity ([12](#)).

Average Individual: 1,000 IU per 25lbs of body weight daily. Best to use with Vitamin K2.

If sun bathing to the point of skin coloring, avoid using for the next 3 days. If mild sun exposure – 30 mins or so on whole arms or torso – avoid using for next 2 days.



Chapter 7

What Would You Do if You Had a Cold or Flu?

If I had a cold or flu and wanted the quickest possible relief I would do the following:

Bone Broth with Onions/Garlic and Greens:

I would make a big batch of bone broth soup with loads of onions, garlic, leafy green veggies and herbs. This is all I would eat and would just keep adding more onions, garlic, herbs and veggies as the broth ran low.

Load up on Probiotics:

Take very high dose probiotics or a combo detoxification supplement with activated charcoal and probiotics to help pull out unwanted pathogens and reinnoculate the gut while kicking out the bad guys.

Boost my Vitamin D Levels:

Get out in the sunshine if possible or use a vitamin D tanning bed or supplement with 50,000 IU of vit D3 until I knock out the cold/flu

Sleep Like Crazy:

I would go to sleep early around 9pm and sleep until 7am if possible. I may take a relaxing nap during the day too.

Drink Herbal Tea and Detoxify My Body:

I would drink herbal tea, dry brush my skin and take an Epsom salt bath before bed to help myself relax and support my immune system

Take Beta Glucan and Herbal Immune Support Supplements:

I would take Beta Glucan 500mg – 2 caps of this along with 2 probiotics and a scoop of super greens in water every 2 hours until I knocked out the cold/flu.

Take a Long Walk and Do Lots of Deep Breathing:

I would not exercise but would take a long-walk outside in a natural park and breath as much fresh air as possible.

Super Hydrate my Body with Clean Water:

I would drink lots of clean water with lemon and herbal extracts throughout the day to keep my immune system high powered.

Get My Spine Adjusted by My Chiropractor:

Get adjusted by my chiropractor to make sure my nervous system was balanced and my brain is able to effectively coordinate my immune attack.

Speak Words of Life Over Myself:

Be aware of my mind and make sure I am not programming it with low-energy thoughts such as “I feel sick” and instead will speak empowering words such as “my body is getting stronger and healthier.”

Trust in the Innate Power within My Body:

After doing all the above, I would simply trust the innate power that took my body from 2 cells at conception and formed me into 75 trillion living, breathing cells. This same power knows what is best for my body based on the environmental conditions I am in. I would simply trust this power to restore harmony back to my body and continue to support it while I wait to get well.



Chapter 8

The SuperCharged Lifestyle

Great job finishing this book and learning the best strategies for SuperCharged Immunity! If you begin following and applying the rules and principles outlined in this book I guarantee you will notice significant improvements in your energy levels and immune system. You will also be preventing and perhaps reversing chronic disease processes that may already be developing that would in the future, have left you sick and possibly killed you.

So the first step is to get yourself healthy and continue to work on growing and maturing in these strategies. You should never think that you will have it all figured out but instead that you are pressing forward and working to improve your lifestyle each day. Overtime, you will see that you have come a long way.

The next step is to share this message with others. Not just those who are already sick and diseased but those who are closest to you. Social support is a huge part of success in healthy lifestyle pursuits. If your spouse and family are not in agreement or if they are left in the dark about this, it will make the course ten times harder. Do everything you can to get them on board with you.

Keep a copy of this E-book for you to continually resource but share this resource with those closest to you and those you know who are looking to elevate their life. You never know how far reaching something you think, say or do today will impact the world days, weeks, years and decades from now. God bless you for being a world changer!

To a SuperCharged Life,

Dr. David Jockers

About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a Maximized Living doctor, corrective care chiropractor, nutritionist, exercise physiologist, and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia.

His experience working with thousands of individuals has given him a level of expertise in the field. He is a member of the Performance Enhancement Team for the Maximized Living Wellness Advisory Council where had the privilege of traveling to London to help the USA athletes win the gold in 2012.



He is a leading writer for “NaturalNews,” “NaturalHealth 365,” “Organic Lifestyle Magazine” and “PrimalDocs” which are four of the top online health publications in the world. He is also on the expert panel for the popular “South African Journal of Natural Medicine.” He has well over 1000 professionally published natural health articles all over the internet and in-print magazines

Dr Jockers is the author of “**SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset.**” He is also a sought after speaker around the country on such topics as weight loss, brain health, functional exercise, natural detoxification and disease prevention.

Dr Jockers also does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.



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