The 3 Most Important Nutrients For Healing AutoImmunity

AutoImmunity is a condition where the body’s own immune system attacks itself. In these cases, the body perceives that it is under a “high alert,” and uses very little discretion on what it attacks. We have an infographic on the next page with all the tissues the body may attack in an autoimmune scenario.

This is analogous to a police force that is running around blind-folded with sirens blaring. They cannot accurately see or hear, so they fire all over the place and hit many unintended targets.

If you are suffering with chronic inflammation and/or autoimmunity than it is imperative to improve the coordination of the immune system and you can do this through diet, lifestyle and supplementing with certain Immune Toning nutrients.

These nutrients that have a very strong effect at toning the immune system. This improves the overall coordination of the immune attack so they we prevent the development of bacterial, viral or parasitic infections while also keeping inflammation and autoimmunity under control. We call these super nutrients the Immune Toners.
1. Vitamin D3:

Individuals with low vitamin D3 levels (below 40 ng/ml) are at significant risk for developing chronic inflammation and autoimmunity (1).

Vitamin D is one of the most important immune system modulators. This means that it helps to coordinate the immune system to help it identify self vs non-self tissue. This is a HUGE FACTOR in autoimmunity and research has shown that people with autoimmunity are typically vitamin D deficient.
Best Food Sources of Vitamin D:

1. **Wild-Alaskan Salmon** (cooked)  
   350 IU per 3.5oz serving

2. **Wild Mackerel** (cooked)  
   345 IU per 3.5oz serving

3. **Sardines** (canned in oil, drained)  
   250 IU per 1.75oz serving

4. **Albacore Tuna** (canned)  
   200 IU per 3oz serving

5. **Egg Yolk**  
   20 IU per yolk

6. **Beef Liver** (cooked)  
   15 IU per 3.5 oz serving

7. **Swiss Cheese**  
   12 IU per 1 oz serving

Best Lifestyle Strategies:

The ideal amount of sun exposure should produce somewhere in the range of 10,000 – 20,000 IU of vitamin D3. This depends upon the amount of body parts exposed, the strength or angle of the sun and the color of the individual’s skin.

This is the approximate amount of time each individual skin type needs of sun exposure to get the appropriate 10,000 – 20,000 IU considering that at least 60% of the body is exposed to
sunlight. This would be equivalent to intentionally sun bathing. They should get this amount at least three times weekly in order to fully optimize vitamin D3 levels.

1. **Approximate Sun Exposure Times:**
   - Light skin = 15-20 minutes daily
   - Medium Skin = 25-30 minutes daily
   - Dark Skin = 40-45 minutes daily

2. **Natural Moisturizers:** Use coconut oil, aloe vera and/or green tea extract as a moisturizer before and after sun exposure for added anti-oxidant protection

**Supplementation:**

If adequate sunlight is not available or attainable than supplement with 10,000 IU of vitamin D3 daily. If your levels are very low, under 30 ng/ml than I would recommend supplementing with 20,000 IU daily for 30 days and then dropping to 10,000 IU daily for 60 days and retest. Here are some **Vitamin D** supplementation principles:

   1) **Nutrient Balance:** Always take Vitamin D3 with a small amount of vitamin K2 for optimal nutritional balance.
   2) **Take With Food:** Always take Vitamin D3 with food as it is fat soluble
   3) **Take Early in the Day:** Always take D3 earlier in the day as it is mildly stimulating.

2. **Zinc:**

Experts predict that almost 2 billion people which is roughly 25% of the world’s population is deficient in zinc (2). Zinc is a foundational mineral and one of the most common deficiencies in the world.

Zinc is essential to human and animal growth patterns and has an essential role in the development of hormones and immune molecules.
Depleting Our Zinc Stores:

When we have poor blood sugar signaling due to a diet that is high in sugar and carbohydrates we are unable to adequately absorb zinc. Individuals with leaky gut syndrome are often deficient in zinc from poor absorption.

Consuming high amounts of phytic acids in grains and legumes can adversely affect zinc levels. The regular use of non-steroidal anti-inflammatory drugs (NSAIDs) depletes zinc levels in the body as well. Here are the most common symptoms associated with a zinc deficiency.

<table>
<thead>
<tr>
<th>Lowered Immunity</th>
<th>Frequent Colds/Flu’s</th>
<th>Sinus Problems &amp; Allergies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast &amp; Prostate Cancer</td>
<td>Unusual Hair Loss</td>
<td>Skin Rashes/Eczema</td>
</tr>
<tr>
<td>Poor Memory</td>
<td>Slow Thinking Processes</td>
<td>Loss of Appetite</td>
</tr>
<tr>
<td>Infertility</td>
<td>Spots on Fingernails</td>
<td>Insomnia</td>
</tr>
<tr>
<td>Loss of Sex Drive</td>
<td>Loss of Taste or Smell</td>
<td>Low Energy</td>
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Zinc is Critical For Immune Health:

Zinc is critical for balancing the immune system and keeping the Th-1 and Th-2 systems in check. Zinc potentiates the action of the human cytokine interferon alpha, a protein that inhibits viral replication. This reduces immunological stress and improves the immune coordination, thus reducing inflammation and autoimmunity (3).

Zinc is also a very specific component of specific enzymes in the body including superoxide dismutatse enzymes (SODs). SOD is a powerful intracellular anti-oxidant that protects the cellular genomics and prevents against viral infection and toxic debris accumulation within the cellular matrix.
**Zinc Rich Foods:**

The RDA for zinc is 8 mg per day for children and 12mg per day for adults, however, most functional nutritionists agree that dosages ranging from 20-30 mg for children and 30-60 mg for adults are much more effective. Here are the best food sources.

1. Oysters 29.75 mg in 3.5oz
2. Pumpkin Seeds (raw) 7.81 mg in 3.5oz
3. Liver (cooked) 5.3 mg in 3.5oz
4. Lamb (lean and cooked) 4.8 mg in 3.5oz
5. Grass-fed beef (lean & cooked) 3.9 mg in 3.5oz
6. Wild Caught Salmon (cooked) 3.1 mg in 3.5oz
7. Chicken (lean & cooked) 1.7 mg in 3.5oz

**Zinc Supplementation:**

Individuals with chronic inflammation and autoimmunity can benefit greatly from 20-40mg of zinc supplementation. The preferred form of zinc is in an amino acid chelate such as glycinate chelate. Take it with food. You can find my favorite form [here](#).
3. Glutathione

Glutathione is the major anti-oxidant within every cell of the body. It is critical for white blood cell (WBC) function as the WBCs encounter tremendous amounts of free radical and oxidative stress every second of the day. Low glutathione leads to chronic inflammation and in many cases; it will lead to auto-immunity (4).

All cases of autoimmunity should work to support their glutathione production. This can be done through diet, lifestyle and supplementation.

**Top 10 Foods:**

1) **Whey Protein:** Must be non-denatured and grass-fed
2) **Organ Meats:** Organic animal liver and heart (chicken, grass-fed beef, etc)
3) **Herbs** – Turmeric, ginger and milk thistle are best
4) **Fermented Vegetables** – sauerkraut, kimchi, fermented ginger
5) **Sprouts** – Broccoli sprouts, Kale sprouts, Watercress sprouts, Radish sprouts
6) **Sulfur Foods:** Garlic, onions, cruciferous veggies (kale, collards, broccoli, etc)
7) **Eggs:** Must be organic and ideally pasture-raised
8) **Animal Meat:** Organic and grass-fed animal muscle meat
9) **Avocados:** Not a lot of glutathione but a great dietary staple
10) **Spinach:** Use this in salads throughout the week.
Lifestyle:

1. **Good Sleep:** Sleeping well helps the body to regenerate its glutathione stores. I recommend sleeping 8 hours per night and going to bed around 10pm for an optimal glutathione boost.

2. **Good Exercise:** High intensity, short time period exercise helps to boost up glutathione levels. Doing a 10-15 minute high intensity workout such as sprint intervals or a squat, push-up and pull-down circuit without rest will boost glutathione levels. Give yourself a rest day in between workouts to effectively recover.

3. **Deep Breathing:** Breathing in more oxygen helps to improve glutathione levels and cellular repair processes. Take 5 mins every 3 hours and do a deep breathing meditation.

4. **Healthy Sun Exposure:** Sunlight exposure not only drives up vitamin D levels but it also boosts glutathione levels (5), helping the body to quench free radicals and coordinate immunity. Follow the healthy sun exposure tips under Vitamin D.

5. **Avoid Alcohol, Smoking & Medications:** Alcohol, smoking and most medications deplete our glutathione stores. Avoid these if possible and follow a healthy lifestyle.

Supplements:

There are many supplements that act to boost up glutathione levels. Here are my favorites:

**Super Glutathione:** This is an outstanding product for reducing anti-body formation, enhancing detoxification and improving resistance to stress by improving intracellular anti-oxidants and calming the immune system. You can find this [supplement here](#)

- **Normal Protocol:** 2 caps – 1x daily (away from food)
- **Advanced Protocol:** 2 caps – 2x daily (away from food)

**Thyro-Liver Protect:** Powerful array of glutathione boosting anti-oxidants, selenomethione which helps to down regulate inflammation and anti-body formation and milk thistle which detoxifies the liver. Healthy thyroid hormone conversion is dependent upon healthy liver function. You can find this [supplement here](#)

- **Normal Protocol:** 1 cap – 2x daily with or without food
- **Advanced Protocol:** 2 caps – 2x daily with or without food

**Brain SuperCharge:** This is a super-high quality glutathione boosting anti-oxidant that helps to improve adrenal output and improve circulation throughout the body. It acts to boost to enhance mental clarity and energy levels. You can find this [supplement here](#)

- **Normal Protocol:** 2 caps – 2x daily with food
- **Advanced Protocol:** 4 caps – 2x daily with food
About Dr. David Jockers DC, MS, CSCS

Dr. David Jockers is a Maximized Living doctor, functional medicine practitioner, corrective care chiropractor, nutritionist, exercise physiologist and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com.

His experience working with thousands of individuals has given him a level of expertise in the field. He has had the privilege of traveling to London with the Maximized Living wellness advisory council to help the USA athletes win the gold in 2012.

He is a leading writer for “Truth About Cancer” “Organic Lifestyle Magazine” and “PrimalDocs” which are three 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 1200 professionally published natural health articles all over the internet and in-print magazines.


He has developed 5 revolutionary online programs with thousands of participants. These programs include E-guides, recipe guides, meal plans and video instructions including “The Sugar Detox,” “The Cancer Cleanse,” “Navigating the Ketogenic Diet,” and “The Digestive Health Restoration Program,” and the “AutoImmune Elimination Program”

Dr Jockers is also a sought after speaker around the country on such topics as weight loss, brain health, healing leaky gut, thyroid function, natural detoxification and disease prevention. He currently owns and operates Exodus Health Center in Kennesaw, Georgia.