



Dr. Michele Pelletiere
239-949-1222



Our Bodies Are Created with Natural Immunities

I am often asked for recommendations, for what to do to improve our own bodies natural immune system, so I have developed this reference page to educate people, how to take charge of their own health, naturally, with **Timeless Wisdom and Medical Evidence.**

Healthy, clean natural foods, body movement and spiritual/emotional wellbeing are nature's best medicines! When we aren't absorbing enough nutrition through our digestive system, it's very important to first "Heal Your Gut". Even with supplements, if your digestive system is struggling, your immune system will be impacted.

Therefore, this is important to heal you "Gut" first.

Dr. Michele can help you to heal your digestive system.

Network Chiropractic Care

Regular maintenance of your spine health helps to prevent issues.

You should schedule sessions for at least every 3 weeks during Cold & Flu Season

Network Care: is different than traditional Chiropractic care, in that it works on your body's nervous system and not just adjusting your body. During your sessions, I will help your **body connect better to your brain**, thereby helping your nervous system to self-regulate more efficiently. Resulting, with the messages in your body being sent and received without disruptions. When there are tension patterns in your spine you may have "**misalignments**" that distort the information coming in from your environment, making your ability to adapt less effective. When there is more communication between your brain, body and your environment you will notice more flexibility, **IMPROVED IMMUNE FUNCTION**, better sleep, enhanced mood and a boost in overall vitality.

Vitamin C

Daily Dosages range from 250 - 1,000mg

Research website <https://www.mercolamarket.com>

The body can only absorb so much **vitamin C** at one time. High dosages of vitamin C taken by mouth can result in side effects such as diarrhea and upset stomach. **Note:** It is best to space your Vitamin C intake through out the day, instead of taking the entire daily dose all at once.

Foods Rich in Vitm C: Cutie Oranges, Kiwi fruit, any citrus fruit, strawberries, red bell peppers to list a few.

Vitamin B Complex Vitamins

Formulas vary, so follow package instructions

There are several members of the B complex vitamins required to boost the immune system, including pyroxidine (**B6**) thiamine (**B1**), riboflavin (**B2**) and more. These B vitamins are essential for maintaining a healthy immune system. **B6** is vital to supporting biochemical reactions in your immune system. One of its major roles is in producing white blood cells and T-cells. Those are the cells in your body that respond to fight off invaders, like viruses and bacteria.

Foods Rich in Vit B's: green vegetables, beef, liver, tuna, salmon, onion, chicken, chickpeas and winter squash.

Vitamin D3 W/K2

5,000 IU of Vitamin D3

180 mcg of vitamin K2

A double-blind placebo study (the gold standard of medical research studies) found that a therapeutic dose of **vitamin D** resulted in a 42% lower incidence of influenza infections. When you take vitamin D, it is vitally important to also get enough vitamin K2. Not only do the two vitamins work synergistically, vitamin D needs vitamin K2 to function properly. Taken together, vitamins D3 and K2 support your overall heart health, arteries and veins, bone health, along with your respiratory and **immune systems.**

Foods Rich in Vit D: vitamin D fortified dairy products, fatty fish [like tuna and salmon], egg yolks and beef liver.

Getting sensible exposure to the sun (sunlight promotes vitamin D synthesis in the body)

Zinc W/Selenium & Copper

Zinc 15 mg Selenium 200 mg Copper .25 mg

Take with food

Research suggests that, *especially for older people*, maintaining an adequate **zinc** status may be of particular importance for preventing pneumonia. For the elderly, infectious diseases such as pneumonia, are major—yet preventable—forms of illness. In a study of older adults in nursing homes, those with normal serum **zinc** had a lower incidence of pneumonia and half as many antibiotic prescriptions compared to those with low serum **zinc**.

Foods Rich in Zinc: Oysters, Beef, Blue crab, Pumpkin seeds, Broiled pork chops, Turkey breast, Cheddar cheese, Shrimp, Lentils, Canned sardines, Greek yogurt, Milk.

Quercetin

29 -250 mg

Two proven essentials for immune health **zinc** and **quercetin** – work synergistically to keep your immune system thriving year-round. **Quercetin** acts as an all-natural zinc ionophore, which means it chelates zinc and pushes it deep into your cells, effectively increasing the amount of zinc inside your cells. Without enough zinc, your white blood cells can't function optimally to keep you safe against threats. Making matters worse, zinc can't easily enter your cells because it is largely insoluble. It must be "pushed" into the center of the cell to truly benefit **your immune system**.

NAC w/Milk Thistle

NAC 500 mg Milk Thistle 300 mg

NAC is our body's most important antioxidant, **N-Acetyl-Cysteine**, provides your body with the raw materials needed to produce **glutathione**, your body's "master antioxidant." Glutathione is found in all of your cells and protects them from free radical damage. Consuming adequate cysteine and NAC is important for various health reasons. These amino acids also help with **chronic respiratory conditions**, fertility, and brain health.

Mediation & Yoga

University of Florida researchers & colleagues have found, 8 days of intense meditation causes robust **activation of the immune system**. These findings were published in the **National Academy of Sciences**. The genomic analysis ultimately found several immune-related and other cellular pathways were altered after the meditation retreat. Strikingly, they found increased post-retreat activity in **220 genes directly related to the immune response**. That included heightened activity in **68 genes associated with interferon signaling, a key part of the body's anti-virus and anti-cancer responses**. They also established that the enhanced immune system after the retreat is primarily due to meditation and not diet, sleep patterns or gender differences.

EFT Tapping

EFT = Emotional Freedom Technique

EFT doesn't only work on an **emotional level**. It is a **somatic (body-based) technique** that uses the stimulation of the same acupuncture points, used in acupuncture. In EFT we do not **'think'** our way out of our emotions, but we calm the body and physiology. **Remember the Mind, Body and emotions cannot really be separated.**

Different states of mind, release different chemicals in the body such as adrenalin, endorphins, serotonin, cortisol, and many others. These cause physiological and physical effects in the body, as well as emotional states. The 'feel-good' biochemicals (for example, endorphins and serotonin) also have a **positive effect on our immune system**. The 'stress' hormones (such as adrenalin and cortisol) have a damaging effect on our **immune system** when the stress is long-lasting and unresolved.

If you'd like to learn this technique, please call our office to set up an appointment.

Gratitude Journal

Sharing kindness can make you healthier and happier.

In an article from the **Mayo Clinic**, Expressing **gratitude** is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and **immunity**. Gratitude decreases depression, anxiety, difficulties with chronic pain and disease. **Our brain is designed to problem-solve rather than appreciate.** You often must override this design to reap the benefits of gratitude. **Gratitude** should be practiced daily - start and end your day identifying in a journal, what you are grateful for. Remember that behavior changes biology. Positive gestures benefit you by releasing oxytocin, a hormone that helps connect people. Some people call it the love hormone.

Extra Tips =

* Drink Plenty of Fluids * Drink Hot Herbal Teas * Wash your Hands * Gargle with Antiseptic Mouthwash * Detox * Nasal Washes * Colloidal Silver * Take Pre & Pro Biotics * Sleep Hygiene * Eat Clean * Colon Cleanses * Replace Toothbrushes *

What Causes Harm & Weakens Your Immune System?

* Smoking * Alcohol Consumption * Fast Food * Allergies * Toxins * Asthma * Overactive Immune System * Auto Immune disease's * Chemotherapy Treatment * Mono * Measles *

Always First consult your Primary Care Physician if you are pregnant or nursing or being treated for an illness.