

Week 15 (2016)

Feed a Cold, Starve a Fever?



There are no double-blind human studies to prove this saying one way or another but there are empirical studies that give us guidance. It is an indisputable fact that the immune system starts in the digestive tract and therefore anything that disrupts or strengthens the digestive tract (such as sugar) will affect your immune system.

Feed A Cold?

An empirical example is feeding a cold. There are vague studies for chicken soup and bone broth but if you follow this make sure they are made with organic ingredients to steer clear of GMOs, antibiotics and pesticides. Even in Europe, farmers are allowed to use GMO feed so beef, chickens and eggs that are not organic are certain to be adulterated with GMOs.

Starve A Fever?

When they say 'starve' they mean fasting but immediately we have confusion as there are various ways to fast:

- Water Fasting: means zero food but plenty of pure warm water (with a pinch of bicarbonate of soda is my recommendation). This period can be from 1 day to 7 days.
- Total Fasting: Total absence of food and drink for 24 hours.
- Intermittent Fasting: Alternative days of 500 calories and normal meals consisting of 1500-2000 calories.
- Juice Fasting: This is my strong recommendation and consists of 3-4 glasses of fresh blended smoothies over each day (For example kale, spinach, broccoli, whole lemon, ginger, apple, raw rock salts, avocado, hemp protein powder, and dark skinned berries.) Homemade vegetable soups and salads are a good way of helping you to keep to this plan by giving you healthy breaks.

There are studies to support these methods but the juice one is my recommendation. A two-week juice fast gives great results for general health and Diabetes Type 2, but for serious diseases a full eight-week fast will ensure the best results. As well as autoimmune conditions, this type of fast will help advanced Diabetes Type 2, cancer, brain diseases and heart/arterial diseases.

As well as improving diet such as by stopping carbs, high sugar foods and avoiding damp or chemically contaminated living conditions, the main thing we genetic weaklings (such as me) can do is to supplement with critical minerals and nutrients. In all of these years I have never detailed the ingredients included in DIP and especially

why they are in there. Read this carefully and you will see why I have taken DIP every day for nearly ten years...

DIP – Daily Immune Protection is a unique formulation containing x10 of the most researched individual nutrients to support your Immune System:

1) EPICOR DRIED YEAST FERMENTATE

Epicor has many studied benefits, but its stand-out characteristic is that it is a potent and powerful antioxidant. Antioxidants are needed to combat free radical damage. Free radicals can build up due to an excessive lifestyle of drinking, smoking and eating toxic foods.

The power of antioxidants is measured by an Oxygen Radical Absorption Capacity (ORAC) score. Epicor has an incredibly high ORAC value of 52,500 per 100g, making it more than capable of neutralizing free radical damage. Combine this with its powerful anti-inflammatory properties and you have a powerful tool to combat two of our bodies' worst enemies: excess free radicals and inflammation.

2) SELENIUM

Selenium is a trace mineral that's needed by the body, but we cannot produce it naturally without help. We rely on our food sources or supplements to get the required intake we need. Selenium possesses antioxidant properties and can also assist with immune function. It has been shown to protect against breast, thyroid and prostate cancers. DIP contains eXselen, an organic form of selenium. It has a higher bio-availability rate meaning it is utilized by the body better.

3) VITAMIN D3

The role of vitamin D3 in our health extends way beyond its relationship with calcium and bone health. Although it may not be initially thought of as having a role to play in relation to our immune system, research has revealed it helps to protect against bacterial infections and is a critical component in the facilitation of a strong immune system. This is due to the fact that vitamin D3 receptors are found on the cells that make up the immune system. Without adequate vitamin D3 these immune cells won't function properly making us more susceptible to sickness, disease and infection.

4) VITAMIN C

Long held as a cornerstone for immune function, research has been carried out into the effectiveness of vitamin C on everything from preventing and treating cancer to helping defeat the common cold or flu. However, the amazing health benefits of this vitamin don't stop there as, once again, a lack of vitamin C has been linked to a decreased immune response and proper functioning. And if that wasn't enough, researchers have also shown that low vitamin C intake has been linked to drastic findings such as the increased risk of dying in men.

5) ZINC (OptiZinc)

Chelated minerals provide optimum results and benefits because they are absorbed and assimilated into the body more efficiently than non-chelated minerals. Despite being a trace mineral and only needed in minute amounts, adequate zinc intake is critical. Zinc makes up the largest component of trace elements in cells and is involved in a multitude of cell functions. According to many specific studies, OptiZinc may decrease the potential of contracting the common cold and research suggests it actually decreases the longevity of this virus when you have succumbed to it.

6) DIMETHYLGLYCINE

Dimethylglycine HCL also known as Dimethylglycine is a component of every cell in the body. It is derived from amino acids that make up proteins – the building blocks of the body. Dimethylglycine enhances the immune response and fights infection.

7) Immune Assist Micron™

Immune Assist Micron™ is a technologically advanced immune ingredient for use in dietary supplements. Research in yeast beta glucans uncovered the great potential for immune enhancers, but problems with their absorption, reduced the potential offered by this amazing class of compounds. However improvements in beta-glucan and heteropolysaccharide chemistry, absorption and bioavailability have led the manufacturers to give a guarantee that Immune Assist Micron™ is the most potent immune ingredient available in the world today.

8) Larch Arabinogalactan

Arabinogalactans are a type of soluble fiber made up of long, branching chains of sugars that have a very fascinating effect on the immune system. They function as immune activity normalizers. If your body is battling an infection, arabinogalactans power up the attack against the invading organism or virus, and the end result is increased activity of immune cells against tumors, viruses and bacteria. Additionally, if your immune system is too revved up, as is the case in allergies and chronic inflammation, arabinogalactans can help suppress this over activity.

Arabinogalactans are one of the active ingredients of medicinal herbs such as Echinacea, Astragalus, and Shiitake mushroom. However, only about 4 percent of the dry weight of these herbs are comprised of arabinogalactans. One teaspoon of 100 percent pure arabinogalactan powder is equivalent to about 12 ounces of Echinacea tincture!

9) Beta Glucan 1,3 1,6

Beta-glucan is a scientifically proven biological defense modifier that nutritionally supports a balanced immune response. Beta-glucan works primarily through macrophage and dendritic immune cells and supports various therapeutic healing effects generated by the immune cells. For many years Glucans have been studied for their immune enhancing properties. The scientific literature on glucans is voluminous over many decades, for health conditions and targeted to research on Beta- 1-3, 1-6-glucan.

10) ELDERBERRY FRUIT EXTRACT

Although it doesn't receive as much press as its berry brothers, perhaps it should. The elderberry is chock full of antioxidants and has been used for medicinal purposes for hundreds and hundreds of years. Elderberry extract has been shown to decrease the symptoms of influenza and shorten the symptoms associated with the common cold. Every single ingredient in Daily Immune Protection has some of the best individual ingredients and each one can be researched to find various studies to support its claims.

[SHOP HERE FOR DAILY IMMUNE PROTECTION](#)

The other single 'most critical support' for a healthy Digestive Tract and Immune System is a powerful probiotic and I am adamant that [Prescript Assist](#) is the perfect accompaniment to eating a healthy diet and supplementing with DIP. Prescript is a x29 strain Soil Based Probiotic, backed by a human clinical trial...it really is the ultimate!

In conclusion: Whether it is colds, flus, cancers, heart diseases, lung diseases, autoimmune diseases, brain diseases, or even digestive tract problems such as Crohn's Disease, only a really healthy diet and the vital nutrients to support a health immune system will prevent and make you strong to defeat these diseases.

Remember...

Serious disease needs serious adherence to a plan and as well as [downloading my eBooks](#) for any condition, expert help is also always available from my health coaches.