

NUTRITION FOR YOUR IMMUNE HEALTH
By Cheryl Spitzer, Nutritional Therapy Practitioner
and Joyce Sobotta

**POOR IMMUNE HEALTH:
(Where does it start?)**



It starts with

**Poor Nutrition, ---→---→---→---→
Stress, Lack of Sleep,
Toxins in Food and/or
Environment**

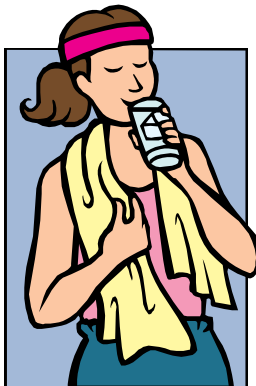
**Which creates
ORGAN DYSFUNCTION**

WE HAVE 2 CHOICES:

TREAT SYMPTOMS THAT “COVER UP” SYMPTOMS, LEADS TO SUPPRESSION OF IMMUNE SYSTEM, CRISIS CARE & EXPENSIVE DRUGS/APPOINTMENTS



OR RESTORE AND MAINTAIN HEALTH BY GETTING TO THE UNDERLYING CAUSES OF HEALTH PROBLEMS USING NUTRITIONAL THERAPY and NATURAL SOLUTIONS TO BOOST IMMUNE HEALTH



SOLUTIONS:

Avoid things that suppress the immune system:

Sugar and high fructose corn syrup

White flour and processed foods

Dairy

Ascorbic Acid alone

Airborne products

Antihistamines

Over the counter medications: Decongestants, Niquol , Tylenol

INSTEAD . . .TAKE BACK CONTROL OF YOUR HEALTH NATURALLY!

Eat Nutrient Dense Food to restore internal health:

“Let food be thy medicine and medicine be thy food.” Hippocrates

EXAMPLES:

CHICKEN/BEEF/VEGETABLE BROTHS: protein provides the amino acids that are the building blocks of the immune system and minerals from broth also help the body heal – we crave sugar or salt when we don't get enough minerals, protein and healthy fats!



**WHOLE FOODS and SUPPLEMENTS ARE YOUR BODY'S "REPLACEMENT PARTS"
TO HEAL, SYNTHETIC VITAMINS ARE ONLY FRACTIONS OF VITAMINS AND
DON'T HELP YOU REBUILD YOUR BODY'S DEFENSE SYSTEMS**

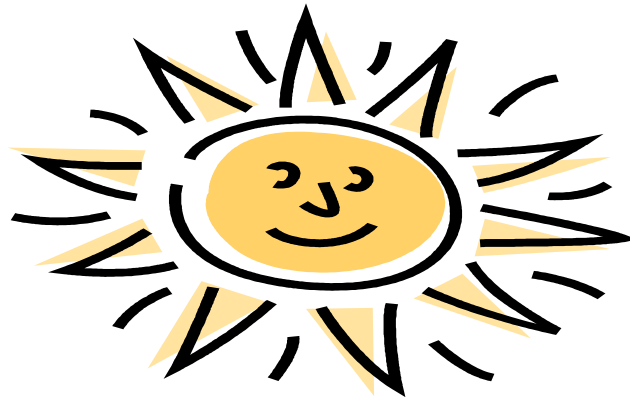
REAL FOOD THAT HAS ENERGY = ENERGY FOR YOUR BODY TO HEAL



WHOLE FOOD VITAMIN A (maintains skin and mucous membranes) – cod liver oil, liver, green leafy vegetables (kale, romaine lettuce, spinach, collard greens), broccoli, carrots, squash, sweet potatoes, organic egg yolks, white fish

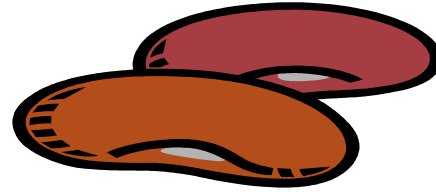
WHOLE FOOD VITAMIN C (boosts healing power of all organs) – kiwi, sweet potatoes, leafy green vegetables (see above), broccoli, cabbage, tomatoes, papaya, red and green peppers, cherries, berries, buckwheat, papaya

WHOLE FOOD VITAMIN D (boosts immune system, helps body absorb calcium)– cod liver oil, mackerel, herring, salmon, sardines, tuna, eggs, liver, mushrooms, and **sunshine** helps our body make vitamin D naturally



PROBIOTICS (restore the good bacteria in your intestines so your body has a defense system)- these are in sauerkraut, kefir, kimchi, kombucha, (sometimes even yogurt is not a good therapeutic source because it has too much dairy and sugar). Other therapeutic doses are offered at my office/natural food stores.

ZINC – (helps endocrine system and red and white blood cells function) -oysters,



beef, (poultry dark meat), legumes

GARLIC, ONIONS, MUSHROOMS (especially Maitake and Shiitake– inhibits disease and free radicals and stimulates immune system)



USE ESSENTIAL FATS

COD LIVER OIL

OMEGA 3 OILS: FISH OIL, EXTRA VIRGIN OLIVE OIL, FLAX SEED OIL

ORGANIC EXTRA VIRGIN COCONUT OIL (UNREFINED)

DRINK LOTS of WATER/HOT TEA (PREFERABLY GREEN TEA OR CHAMOMILE

TEA OR PEPPERMINT TEA)



OTHER SOLUTIONS: Gargle with salt water to kill bacteria in throat for a sore throat ; For a **cough**, tap on the midback for a person to expand bronchioles



REST (at least 7-8 hours or more when sick)

Exercise – Keeps circulatory and lymphatic system healthy, pumps out toxins to keep immune system healthy

Get **Chiropractic Care** or use other methods to keep the spine healthy which is the core of how the nervous system functions which controls the immune system

Get **NRT (Nutrition Response Testing)** which gets to the underlying causes of why you are **sick** and finds a solution for you to get better

Use Essential Oils – Use a variety including **Oregano, Eucalyptus, Lemon, Frankincense, and Blends, such as Healthy Girls Breast Oil** which work **synergistically to address more than one aspect of a condition.**

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