

ALTERNATIVE

IMMUNE

ENHANCERS

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IMPORTANT

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Immune Enhancers

Following is a list of alternative immune enhancers:

- **Alkaline Water** - It's very important to keep your body properly hydrated and your pH in balance. Make sure you consume at least half your bodyweight a day of water to adequately flush out toxins and hydrate your cells. Spring and mineral water is good; however, never drink tap water.
- **Aloe Vera** - Contains high amounts of mucopolysaccharides which enhance the immune modulators to fight off disease.
- **Avoid** - Smoking, alcohol, saturated fats, salt, sugar, fluoride, unfiltered tap water.
- **Bee Pollen** - Plant pollen that bees harvest and pre-digest. Excellent for people with allergies and also strengthens the immune system.
- **Cayenne Pepper** - Is used for a litany of health problems. Cayenne Pepper heats the body up, improves circulation, and helps ward off colds, sinus infections, and sore throats. This magical substance should be used on a daily basis during the cold and flu season.
- **Colloidal Silver** - This wonder product has been around for centuries and is reported to be one of the few things that helped protect people during the height of Bubonic plague.
- **Colostrum** - This is the first fluid secreted by the mammary glands of mammalian mothers in the first days after giving birth. Colostrum contains high levels of protein and growth factors, as well as immune factors. It's used around the world as one of the most powerful immune boosters known to man. The best colostrum on the market comes from New Zealand cows.

Outside of New Zealand it's very hard to guarantee that the cows were grass fed and free of antibiotics, growth hormones, and steroids.

- **Echinacea** - Excellent herb for the immune system and the lymphatic system. Echinacea has been shown to be very effective when it is cycled for 1-2 week periods throughout the cold and flu season. Early use of Echinacea at the onset of a cold or flu could help drastically diminish the duration and severity of illness.
- **Essential Fatty Acids** - Good fats like Omega 3's (Codliver oil - 1000 mg daily) and Omega 6's (Oil of evening primrose (Efamol) - 2000 - 4000 mg daily) play a major role in cellular health. Good fats also help to bring nutrients into the cell and discard waste. EFA's also contain high amounts of antioxidants which help to protect your immune system.
- **Essential Oils** - There are many essential oils like Frankincense, Myrrh, Spikenard, Rose Oil, Thieves, Lavender, Tee-Tree, etc, can provide tremendous immune system protection. Essential oils have been used for thousands of years and have much Biblical and historical support to back up their use. They can be inhaled, spread by a humidifier, diffused, or applied to the skin and feet (application to pulse points can be particularly effective).
- **Exercise** - Moderate aerobic exercise can also help with stress relief.
- **Garlic** - Has antibacterial, antiviral, antifungal, and antiseptic properties and has long been used to fight off and prevent colds and infections. Use 3-4 cloves on salad or crushed onto bread when your immune system is in a weakened state. Garlic Tabs - 1250 mg up to 4 x daily.
- **High Fibre Low fat Diet** - A high fibre, low fat diet is very conducive to immune enhancement. Eat in the ratio of 80% live/unprocessed food, and 20% dead/processed food.
- **Homeopathic Remedies** - There are some excellent homeopathic remedies that help build immunity and ward off the cold and flu. You can find many good homeopathic formulas at your local health food store or you can seek out a homeopathic specialist in your area that can custom blend formulas specifically targeted for your immune system. Visit the CMG Archive on our website for specific homeopathic remedies: www.campbellmgold.com
- **Hypnosis** - Hypnosis, visualisation, and subliminal programs may also be of value in reducing stress levels (See <http://campbellmgold.com> for titles)
- **Mushroom Extracts (Shiitake, Reishi, D-Fraction Maitake)** - Have excellent immune-boosting properties. Shiitake increases T-cell function, Reishi has anti-tumor properties, and Maitake enhances the activity of key immune cells known as T-helper cells or CD4 cells.
- **Olive Leaf Extract** - Fights all types of bacteria, viruses, fungi, and parasites and is good for virtually any infectious disease. Some believe that it is olive leaves which are being referenced in Revelation 22:2 that are used for the "healing of the nations".
- **Oregano Oil** - This natural wonder has been used for thousands of years as an antibacterial, antiviral, antifungal, and antiseptic agent. Many people have reported that regular use of this product during the cold and flu season has prevented them from getting sick.
- **Oxygen Supplements** - Virtually all microorganisms are anaerobic, meaning they survive predominantly in the absence of oxygen. When the body's blood oxygen is normal and the cells have adequate oxygen it's nearly impossible to get sick. There are many good products to choose from that can be added as drops to your water. See "Hydrogen Peroxide Therapy" in the "CMG HealthArchive" <http://campbellmgold.com>
- **Probiotics** - Help to maintain and rebuild intestinal flora. Flora plays a key role in keeping the immune system functioning optimally.
- **Propolis** - 1 x cap daily can enhance the immune system.
- **Propolis** - This is a resinous substance that bees derive from trees and mix with beeswax. Used as a health shield for the beehive, propolis has antibacterial, antiviral, antifungal, and antiseptic properties. Propolis has been used for thousands of years as an immune system booster.

- **Rest** - It's especially important during the cold and flu season to keep from getting run down. Make sure you get at least 6-8 hours of quality sleep a night.
- **Royal Jelly** - Fed only to queen bees. Contains over 100 nutritional properties and has long been known to strengthen the immune system. Take maximum dose as recommended by manufacturer
- **Selenium** - An essential mineral (200 mcg daily) that promotes a healthy immune system.
- **Stress** - Stress often seriously exacerbates attack on the immune system. Consequently, any stress elements should to be identified and countered by lifestyle changes or by learning and practising relaxation techniques.
- **Vitamin B-Complex** - 100 mg, up to 4 x daily, can enhance the immune system.
- **Vitamin C** - This is the foundation enhancer which helps to prevent free radical damage and has antifungal and astringent properties. High doses of Vitamin C (up to 10 grams daily) throughout the cold and flu season can help tremendously to ward off infection.
- **Zinc** - An essential mineral (50 mg daily) that promotes a healthy immune system and fights free radicals. Zinc lozenges have been reported to be effective in relieving symptoms of the common cold and reducing duration of colds.

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