



# Boosting Immunity

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As I head over to the Dave Congalton show to discuss immune function as our cold and flu season approaches, I figured I might pen an article about the basics of caring for your immune system. The scope of such an article would overwhelm you, thusly suppressing your immune system, so I, hopefully, will keep it relatively simple.

A brief note on infectious diseases and the modern world's obsessive fear of all things microbial: If you think hand sanitizer and vaccinations help your immunity, you are not only sadly mistaken but create great harm to you and all those around you by the overuse of these interventions. Hand sanitizers break down the normal protective skin barriers, part of your innate immunity, while seriously disrupting the normal commensal flora, part of your acquired immunity, making the wholesale use of hand sanitizer one of the great causes of infectious disease and susceptibility to toxin exposure that you can create for yourself. The occasional use in hospital settings and known contaminated environments remains appropriate.

The fear of infectious disease remains the adult person's boogeyman and the inordinate fear by which the CDC/Pharmaceutical Industry sells these injectable drugs goes beyond any form of rational understanding, except one: the profit motive. Please read my review on the flu vaccine ([Find these articles here on our website](#)). Sticking with viruses, for simplicity, viruses are little bundles of RNA or DNA that can't live without you (or their host species). Meaning, they represent pockets of energy and information meant to educate you and inform you! Their lessons can be tough, uncomfortable, and believing they are just evil and to be prevented at all cost flies in the face of all science has to tell us. The rest of this article discusses how building a healthy you/immune system can ensure that your body-mind-spirit in continuum with this manifestation of spirit can grow stronger together!

Interestingly, the aphorism "The Terrain is Everything, The Microbe.... Nothing" from the great French physician/physiologist Claude Bernard would have to be amended today as we understand how important our microbes are as a component of our terrain! The understanding that a healthy person can still acquire infections but be the better for it is written into the history of Western medical understanding. So, what can we do?

1. **Don't smoke/vape:** save the lungs for breathing!
2. **Alcohol:** If you drink alcohol, do so in moderation, up to 7 drinks per week for women, up to 14 drinks per week for men.
3. **Sleep:** Honor your body, but it remains exceedingly rare for people to need less than 7 hours per night of sleep. Nine hours per night may actually be more normal than the

usual 8 hours we read about. **Cat naps of 20-30 minutes** have profound health benefits as well.

4. **Nutrition:** As you all know a Paleo/Primal/Ancestral diet with a broad variety of fruits and vegetables as our only carbohydrate source, with or without intermittent fasting as necessary to maintain a healthy weight, represents possibly the most important goal to provide healthy immunity
5. **Exercise:** Over or under exercise can hurt immunity. The daily walk of 30 minutes covering 1 and 1/2 miles represents the standard “default exercise” I recommend. Training for marathons, although impressive, is destructive to immune system health... find balance.
6. **Stress Management:** Another dozens of pages could and have been written about this ([my packet about stress management found here](#)). Our perception of this world has the most profound effect on our overall health, more so more than any other healthy behavior!

As you know, I call supplements “A Line of Intelligence”, one that fits in with all of the above Lines of Intelligence. They are not a belief system and you do not need to believe in them, but if you don't, most likely you won't experience them! Start by seeing a Functional Medicine Practitioner, and utilize extensive laboratory testing to define a routine that balances markers of inflammation, oxidation, methylation, glycation and endocrine balance. This takes time.

**A Basic Nutritional Protocol** includes a good multivitamin like Maximum Vitality (Rejuvenation Science) 2 tabs twice daily, healthy fish oils Orthomega 820 (Ortho Molecular) 2caps once per day and balanced Vitamin D3, K Force (Ortho Molecular) with 5000IU D3 and 180 mcg K2-MK7, 1 cap once daily.

For those of you who look for something to help as an immunomodulator, something to balance immune function that is as effective at preventing allergies as preventing upper respiratory infections, I take you to the exceptionally well researched field of Beta Glucans. My favorite Wellmune WGP, is sold as WholeMune (also Ortho Molecular—no I don't own stock!) 250mg caps one cap daily. A nice review in the Journal Molecules, “Beta Glucan: Supplement or Drug?” was published in March of this year PMID: [30935016](#).

WholeMune, derived from Baker's Yeast, primarily works through activation of macrophages via receptor sites specific for them! Yes we are made to interact with these glycans. An overall 20-30% reduction in incidence and severity of respiratory viruses may be expected!

Should you actually catch a cold or flu, we have an entire article dedicated to that ([click here to check it out](#))!

Hopefully these recommendations serve you well!

Your Journey to Health and Healing,  
Gary E. Foresman MD

References: Upon Request

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