

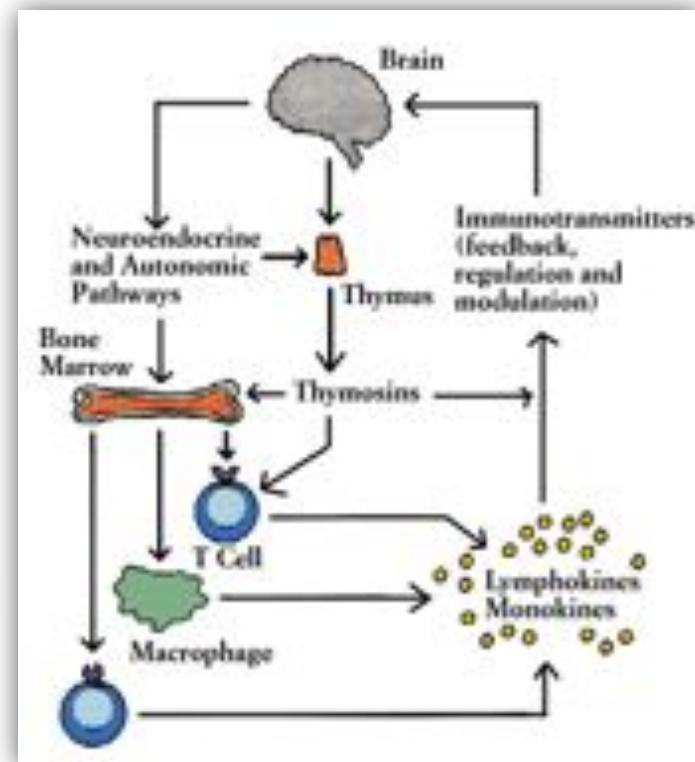
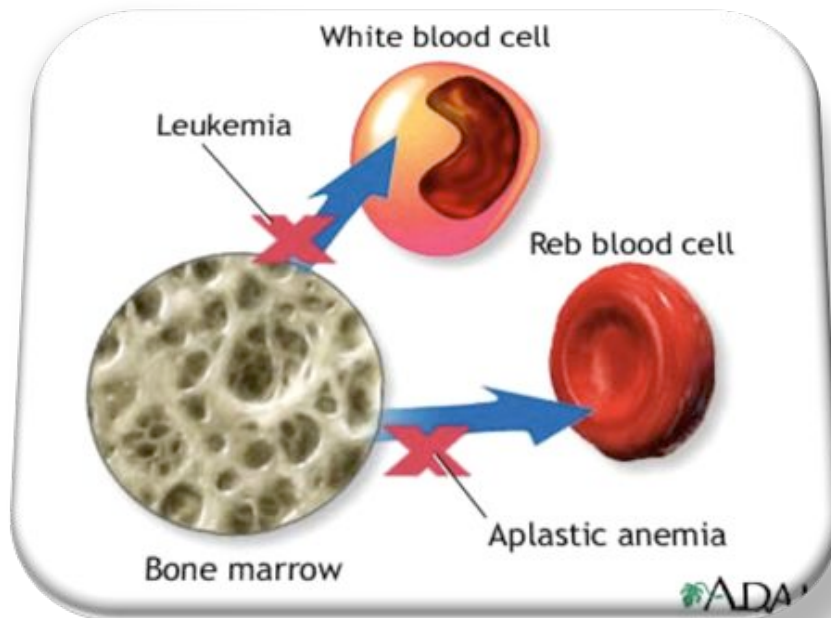


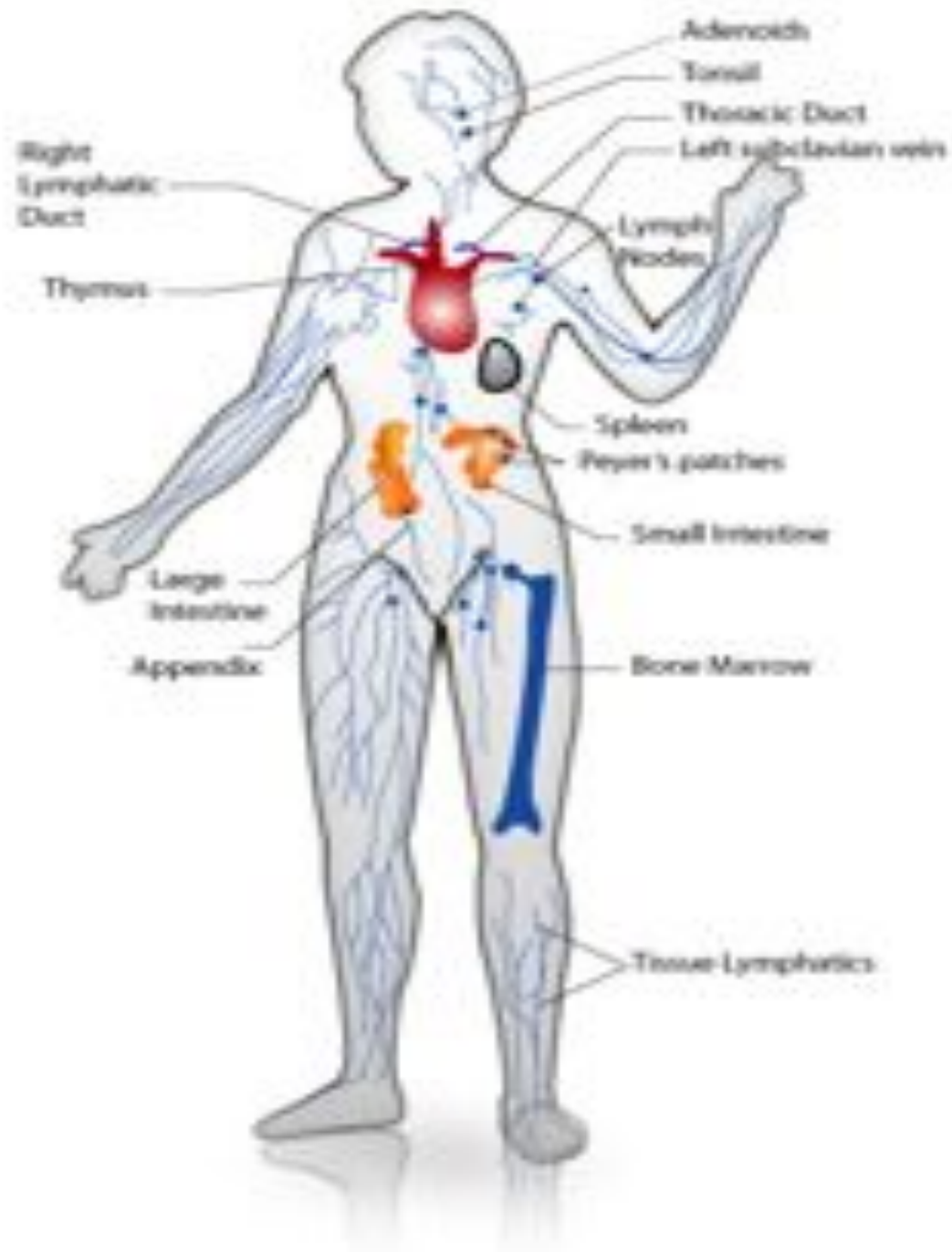
Immune System

Candy Sim, MPH, RD

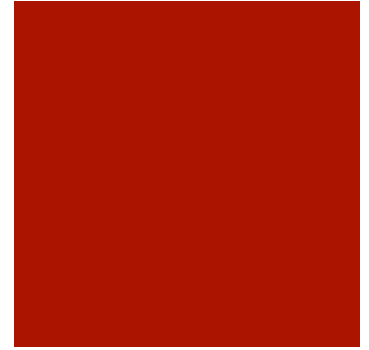
Promises

- A merry heart does good, like medicine, but a broken spirit dries the bone. Proverb 17:22





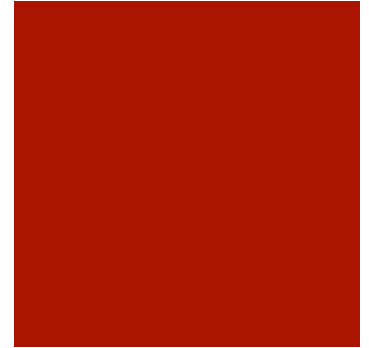
Immune System



- There are 1,000,000,000,000 (one trillion) cells in the immune system
- It takes 1,000,000,000 (one billion) cancer cells to form a barely detectable lump.
- No medical equipment on earth can detect even 1,000,000 (one million) cancer cells in a patient.
- Therefore, “I think we got it all” can best be translated, “I can’t see or feel anymore cancer, so let’s hope the immune system will destroy that which is probably still there.”

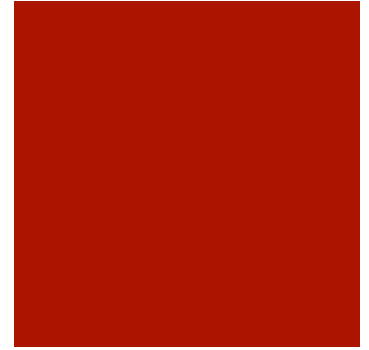
Healthy Immune System

- Resting pulse: < 80 beats/minute
- WBC count < 5500
- Pale urine
- Regularity
- Warm legs and arms
- Proper DNA repair

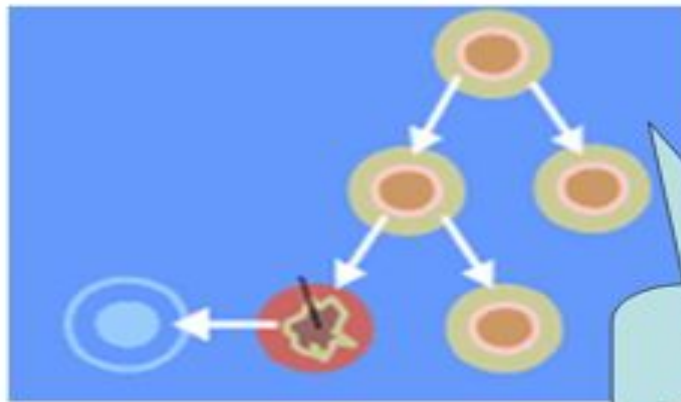
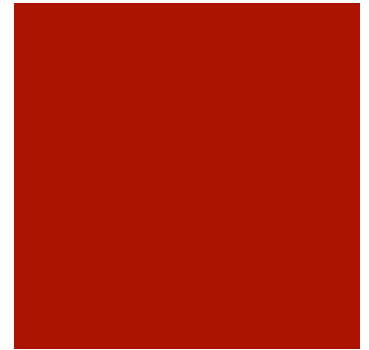


Unhealthy system

- High levels of inflammation
- Bowel Movement < 2x per day
- Dark color urine
- Hypertension, insulin resistance
- White spots on finger nails
- Gouty pain/symptoms
- Chronic fatigue
- Cough, phlegm

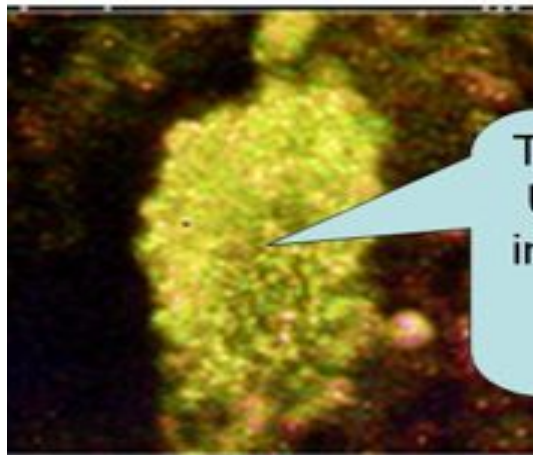


Abnormal cell growth

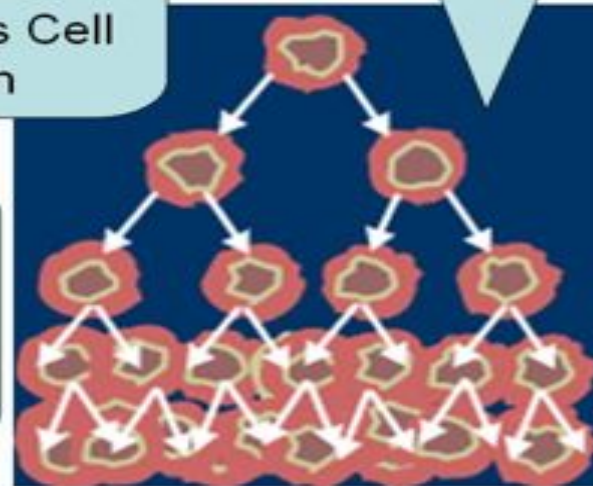


Normal Cell Growth
Regulates Cell
Death

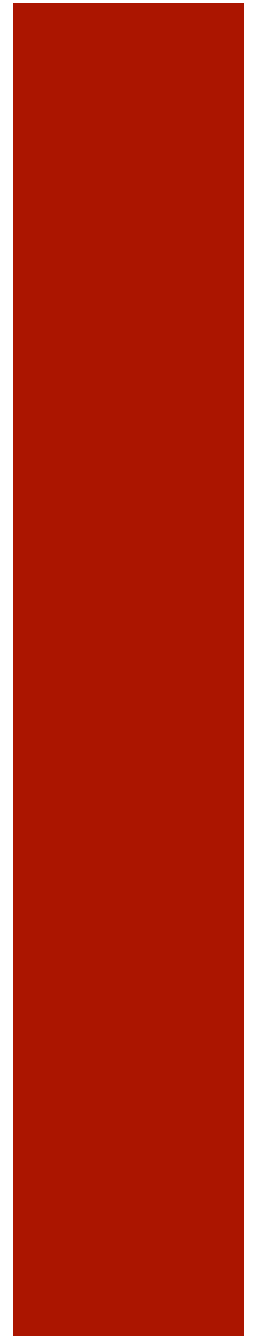
Cancer Cell
Growth is When
Cell Growth is
No Longer
Controlled



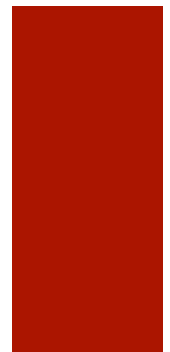
Tumor Growing
Uncontrollably
in Size, Imaged
by Gold
Nanospheres



Things that
depletes the
system's
function



Sweets



Types of Sweeteners



Corn Syrup	Sweet syrup of glucose and short polymers produced by hydrolysis of cornstarch; an acidic reaction
High Fructose Corn Syrup	Especially sweet corn syrup made by using isomerase to convert some glucose to fructose
Molasses	Sweetener produced as a by-product of the refining of sucrose from sugarcane
Sorghum Syrup	Syrup sweetener produced by boiling the juice of grain sorghum

Source: Foods experiment perspectives, Margaret McWilliams

Types of Alcohol Sweeteners



Polyol	Sugar Component	Cal/g	Comments/Application
Malitol	Maltose	2.1	Chocolates
Mannitol	Mannose	1.6	Bulking agent in powdered products and chewing gums
Sorbitol	Sorbose	2.6	Metabolized by fructose-1-phosphate pathway (needs no insulin) Baked goods and beverage
Xylitol	Xylose	2.4	Cooling mouthfeel Chewing gum

Source: Foods experiment perspectives, Margaret McWilliams

Types of Sugar Replacements

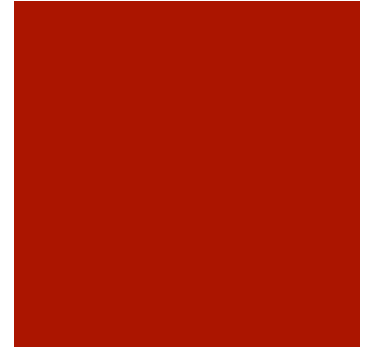


Sweetener	Trade Name	Sweetness	Applications
Alitame	Aclame	2000X	Candies, baked product
Acesulfame-K	Sweet-One Sunett	200X	Desserts, baked foods, candies, beverages
Aspartame	Equal Nutrasweet	200X	Many foods, dairy dessert, beverages
Neotame		7000X-13000X	Beverages, dairy foods, cereals, cake
Saccharin	Sweet'N Low	300X	Beverages, table-top sweetener
Sucralose	Splenda	600X	Baked foods, table-top sweetener, beverages
Tagatose	Gaio® Naturlose™	Slightly <	Candies, cereals, ice-cream, beverages
Trehalose	Ascend™	1/2 X	Dried fruits and vegetables, white chocolate, beverages, surimi

Source: Foods experiment perspectives, Margaret McWilliams

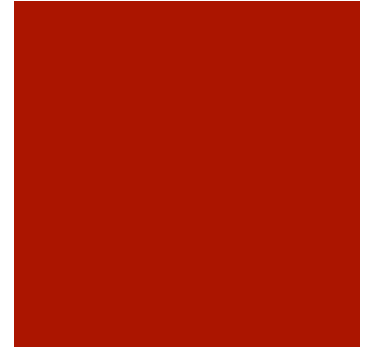
Sugar and Immune System

- Suppress your immune system and impair your defense against infectious disease
 - 100g (8 tbsp) of sugar = 12 ounce of soda
 - Can reduce the ability of white blood cells to kill germs by 40%
 - The immune-suppressing effect of sugar starts less than 30 minutes after ingestion and may last for 5 hours



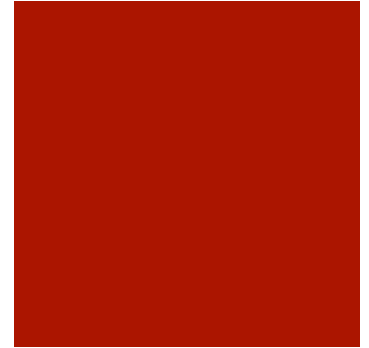
Sugar and Your Health

- causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium
- high fructose corn syrup, rises total cholesterol and triglycerides
- feeds cancer cells and has been associated with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder, and stomach



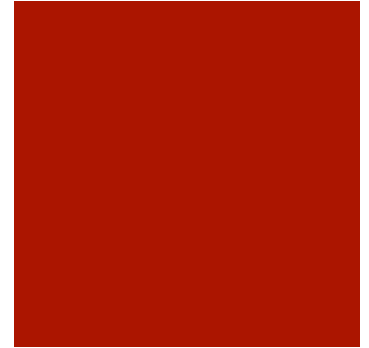
Sugar and Your Health

- weakens eyesight and has been associated with glaucoma
- causes an acidic digestive tract, malabsorption and increases risk of Crohn's disease and ulcerative colitis
- can cause autoimmune disease such as arthritis, asthma, multiple sclerosis
- can cause gallstones, appendicitis, hemorrhoids, varicose veins

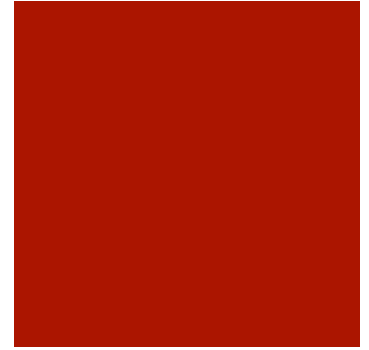


Sugar and Your Health

- can impair the structure of DNA
- can increase liver size by increasing cell division and amount of liver fat

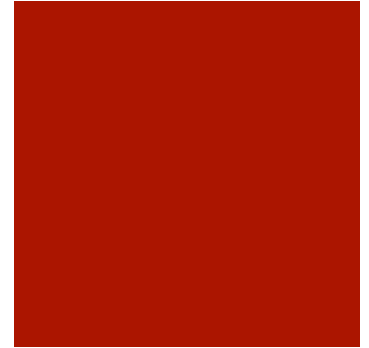


Sweeteners Consumption Data



- The average American eats the equivalent of **20** **tsps** of sugar per day
 - Nearly 60% from **corn sweeteners** (in sodas and other sweetened drinks)
 - Another 40% from **sucrose** (table sugar)
 - A small amount from other sweeteners, such as honey and molasses
- 144 million American adults regularly consumes low-calorie, sugar-free substitutes (saccharin, aspartame, acesulfame-K, and sucralose)

Sweeteners and Soda Consumption Comparison Data



- 1967: average Americans consumed 114 pounds of sugar and sweeteners a year
- 2003: each person ate about 142 pounds of sugar per year
- 1950: soft drink consumption per capita per year was 11 gallons
- 2003: each person drank 1 gallon of soda per week, about 46 gallons per year

Obesity in Kids

Could this be the reason for obesity in 6-month olds?

INGREDIENTS (Powder)
(U) Pareve*

43.2% Corn syrup solids,
14.6% soy protein isolate,
11.5% high oleic safflower oil,
10.3% sugar (sucrose),
8.4% soy oil,
8.1% coconut oil



High Fructose Corn syrup

HFCS consumption

HFCS is used primarily for sweetened beverages like soda.⁴ A 20-ounce bottle of Coca-Cola has about 17 teaspoons worth.⁵ It's reasonable to assume that many Americans largely consume their HFCS in the form of sweetened beverages.

The "average" American drank 37 gallons of carbonated, non-diet soft drinks in 2004, but averages mask the fact that specific age groups can ingest much higher levels.⁶

According to *Liquid Candy*, a report by the Center for Science in the Public Interest, "Children start drinking soda at a remarkably young age, and consumption increases through young adulthood. One-fifth of one- and 2-year-old children consume soft drinks. Almost half of children ages 6 to 11 drink soda in 1994-96, averaging 15 ounces per day."⁷ That's the equivalent of over 42 gallons annually.

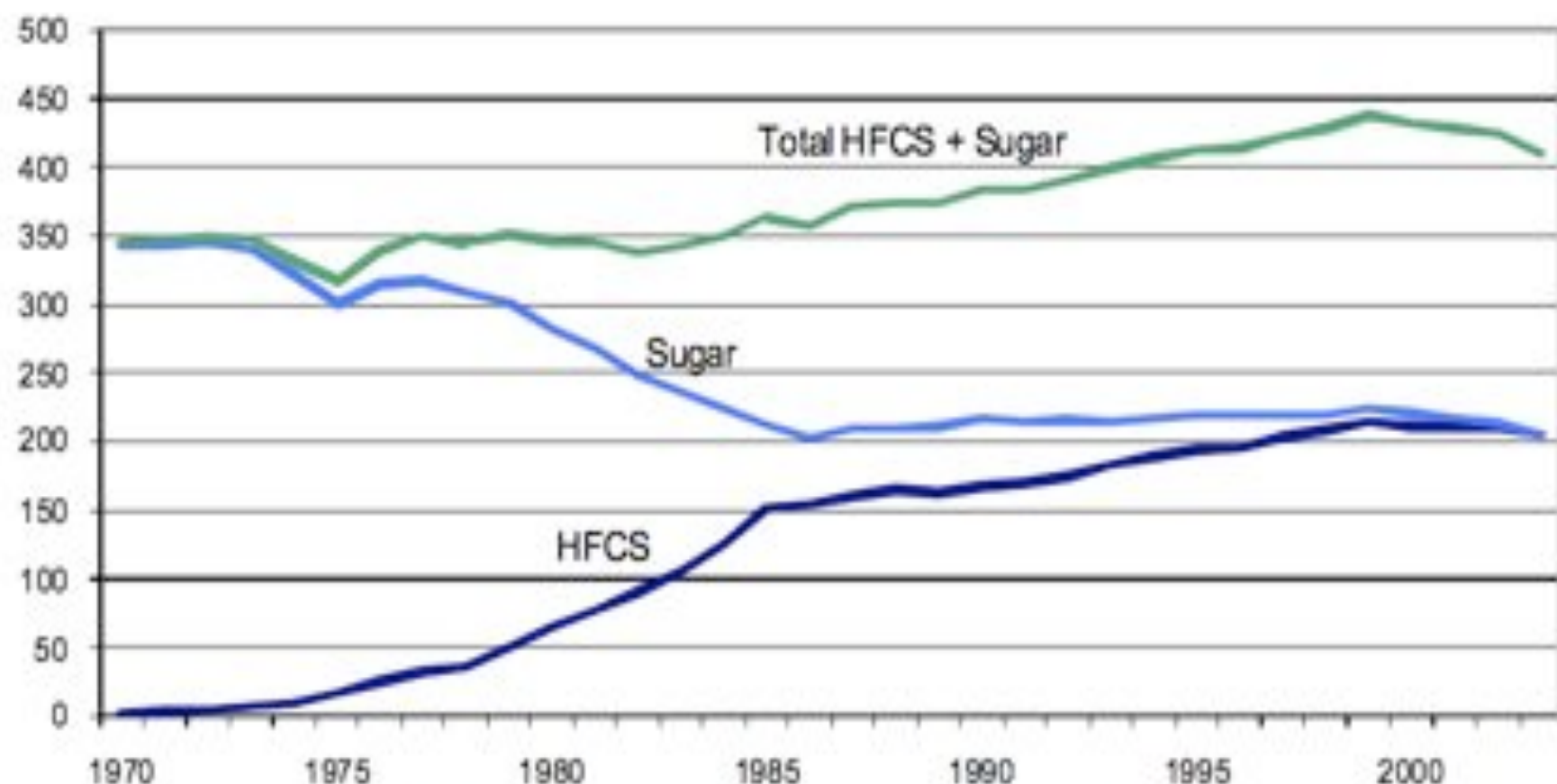


Teenagers drink a lot of soda as well. Teenage boys, ages 13 to 18, who drink soda average an estimated three or more cans a day (over 102 gallons annually). One in 20 drinks at least five cans per day (over 171 gallons annually).⁸

Of 13- to 18-year-old girls who drink soda, average intake is a little less than two cans a day (about 68 gallons annually), and 5 percent of them drink more than three cans a day (over 102 gallons annually).⁹

These data exclude the substantial amounts of sweetened *non*-carbonated drinks—e.g., sports drinks, synthetic fruit beverages, energy drinks, and so on—also consumed by kids, and typically containing zero to just 10 percent fruit juice.

Figure 1: HFCS vs. Table Sugar (Sucrose) Consumption



Source: Data from USDA ERS Briefing Room: Sugar and Sweeteners: Data Tables. Available at <http://www.ers.usda.gov/Briefing/Sugar/>. Graphic created by IATP.

By 2007, the average American consumed an estimated 40 lbs (dry weight) of HFCS each year—roughly 50 grams, or about 12 teaspoons worth each day.⁷ The USDA derives this estimate from data it collects on the total yearly production of sweeteners, including HFCS.

Why do food manufacturers use HFCS?

The sweetener industry claims a preference for HFCS due to its ability to help **preserve foods**, retain moisture and enhance other flavors.¹¹ For instance, because our taste buds detect the sweetness of HFCS early, and that sweetness doesn't linger, its incorporation into salad dressings helps to mellow the acid "bite" of vinegar while allowing the mouth to experience the fruity and spicy flavors of other ingredients more clearly.

Table 1: U.S. HFCS Consumption by Type of User Industry (thousand short tons)

Industry	2002	Percent
Beverages (mostly soft drinks)	5270.2	57.0
Canned, bottled, and frozen foods	685.7	7.0
Bakery, cereals and allied products	513.1	6.0
Ice cream and dairy products	258.5	3.0
Confectionery and related products	83.0	1.0
Total	9294.0	

Source: Beghin JC, Jensen HH. Farm policies and added sugars in US diets. Working Paper 08-WP 462. 2008. Iowa State University. Calculated from U.S. Census Bureau data available as of February 2008.⁴

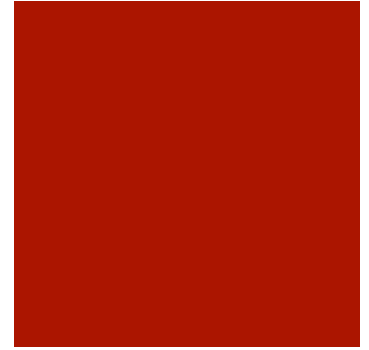
Dufault et al., and the Corn Refiners Association report that HFCS is also used as a sweetener to enhance product shelf life—in other words, as a preservative.^{11,12} It is not known exactly how HFCS acts to preserve the color and texture of canned fruits or applesauce to "promote freshness" or to inhibit microbial spoilage and extend shelf life.

Under U.S. federal law, chemicals added to foods as preservatives are supposed to be FDA-approved for that purpose. Even though the industry highly touts and markets HFCS preservative qualities, it carries no such approval. That is because in 1996 the FDA determined that HFCS is Generally Recognized As Safe (GRAS). The GRAS designation basically says that although a food ingredient hasn't been completely studied or tested for safety, the FDA a priori considers it to be safe, putting the onus instead on the public to somehow marshal evidence after the fact that consumers have been harmed by it.

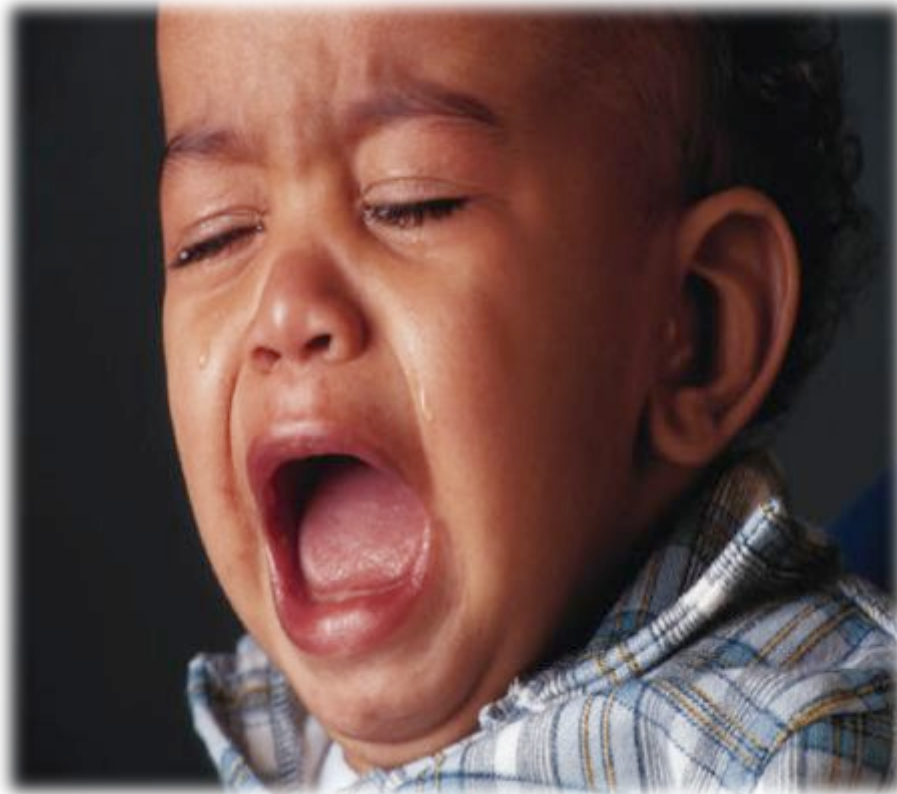
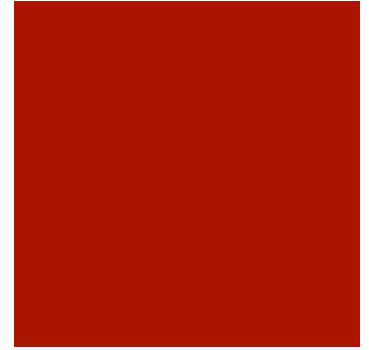
The FDA's regulations provide that GRAS ingredients must be reexamined in light of new scientific information.¹³ The FDA has been petitioned with no response to reconsider HFCS status as GRAS, given the building evidence of its health impacts.¹⁴

Excitotoxins

- Aspartame
 - a.k.a. - Equal, Nutrasweet
- MSG
 - a.k.a. - monosodium glutamate, Accent, Aji No Moto
 - (More disguised names to come)



Aspartame side effects



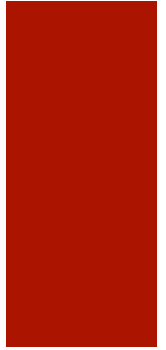
- headaches
- memory loss
- slurred speech
- vision problems

Complaints to FDA

- Headaches
- Dizziness
- Change of mood
- Vomiting /nausea
- Abdominal cramps
- Change in vision
- Diarrhea
- Seizures
- Memory loss
- Fatigue, weakness
- Other neurological



What is aspartame?



- Aspartic acid
- Phenylalanine
- Methanol
 - Methanol (wood alcohol) is converted to formaldehyde (embalming fluid)
 - and formic acid (red ant venom)

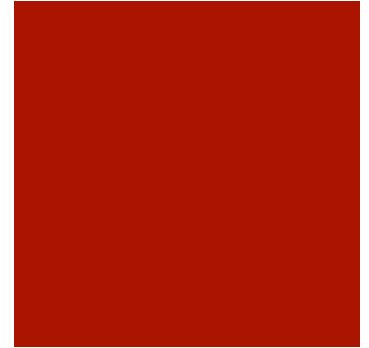
Aspartame (NutraSweet & Equal)

- Birth Defects:

- **A study funded by Monsanto to study possible birth defects caused by consuming aspartame was cut off after preliminary data showed damaging information about aspartame.**

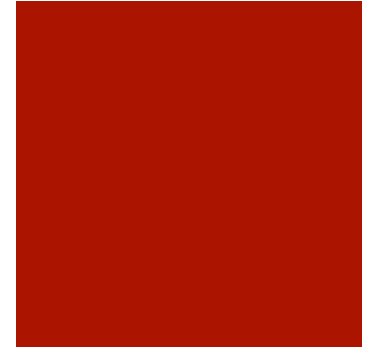
Additionally, in the book, *While Waiting: A Prenatal Guidebook*, it is stated that aspartame is suspected of causing brain damage in sensitive individuals. A fetus may be at risk for these effects. **Some researchers have suggested that high doses of aspartame may be associated with problems ranging from dizziness and subtle brain changes to mental retardation.**

Aspartame (NutraSweet & Equal)



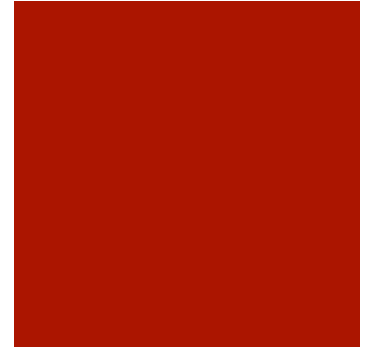
- Cancer (Brain Cancer)
- In 1981, an FDA statistician stated that the brain tumor data on aspartame was so "worrisome" that **he could not recommend approval of NutraSweet.**
- In a two-year study conducted by the manufacturer of aspartame, twelve of 320 rats fed a normal diet and **aspartame developed brain tumors** while none of the control rats developed tumors, and five of the twelve tumors were in rats given a low dose of aspartame.

Aspartame (NutraSweet & Equal)



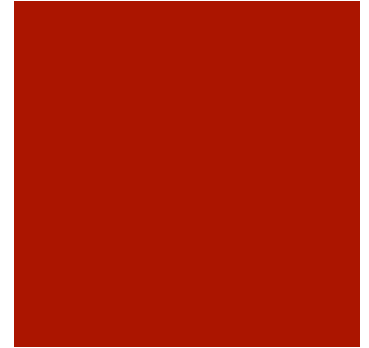
- Cancer (Brain Cancer) - continued
- The approval of aspartame was a violation of the Delaney Amendment, which was supposed to prevent cancer-causing substances such as methanol (formaldehyde) and DKP from entering our food supply. **A late FDA toxicologist testified before the U.S. Congress that aspartame was capable of producing brain tumors.** This made it illegal for the FDA to set an allowable daily intake at any level. He stated in his testimony that Searle's studies were "to a large extent unreliable" and that "at least one of those studies has established beyond any reasonable doubt that aspartame is capable of inducing brain tumors in experimental animals ... " He concluded his testimony by asking, "What is the reason for the apparent refusal by the FDA to invoke for this food additive the so-called Delaney Amendment to the Food, Drug and Cosmetic Act? ... And if the FDA itself elects to violate the law, who is left to protect the health of the public?"

Aspartame (NutraSweet & Equal)



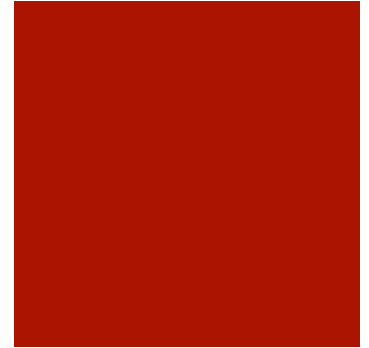
- Diabetes
- The American Diabetes Association (ADA) is actually recommending this chemical poison to persons with diabetes, but according to research conducted by a diabetes specialist, aspartame:
 - 1) Leads to the **precipitation of clinical diabetes.**
 - 2) Causes **poorer diabetic control in diabetics on insulin or oral drugs.**
 - 3) Leads to the aggravation of diabetic complications such as **retinopathy, cataracts, neuropathy and gastroparesis.**
 - 4) Causes **convulsions.**

Aspartame (NutraSweet & Equal)



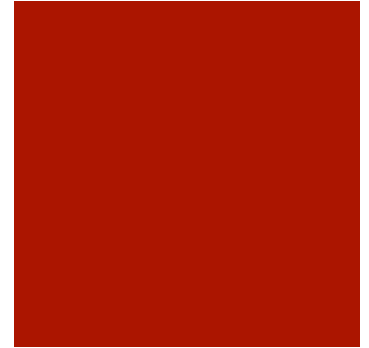
- Diabetes - continued
- In a statement concerning the use of products containing aspartame by persons with diabetes and hypoglycemia, the researchers says:"Unfortunately, many patients in my practice, and others seen in consultation, developed serious metabolic, neurologic and other complications that could be specifically attributed to using aspartame products. This was evidenced by the loss of diabetic control, the intensification of hypoglycemia, the occurrence of presumed 'insulin reactions' (including convulsions) that proved to be aspartame reactions, and the precipitation, aggravation or simulation of diabetic complications (especially impaired vision and neuropathy) while using these products ...
- Dramatic improvement of such features after avoiding aspartame, and the prompt predictable recurrence of these problems when the patient resumed aspartame products, knowingly or inadvertently."Another researcher stated that excitotoxins such as those found in aspartame can precipitate diabetes in persons who are genetically susceptible to the disease.

Aspartame (NutraSweet & Equal)



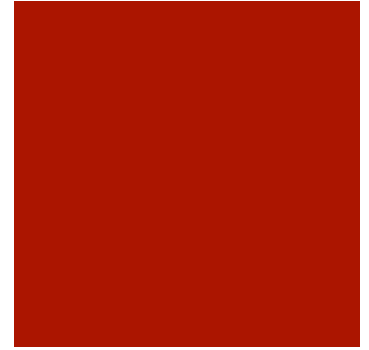
- Emotional Disorders
- In a double blind study of the effects of aspartame on persons with mood disorders, findings showed a large increase in serious symptoms for persons taking aspartame. Since some of the symptoms were so serious, **the Institutional Review Board had to stop the study**. Three of the participants had said that they had been "poisoned" by aspartame. Researchers concluded that "individuals with mood disorders are particularly sensitive to this artificial sweetener; its use in this population should be discouraged." One researcher stated about aspartame, "I know it causes seizures. I'm convinced also that it definitely causes behavioral changes. I'm very angry that this substance is on the market. I personally question the reliability and validity of any studies funded by the NutraSweet Company." Additionally, there are numerous reported cases **of low brain serotonin levels, depression and other emotional disorders that have been linked to aspartame and often are relieved by stopping the intake of aspartame.**

Aspartame (Sweet N' Low & Equal)



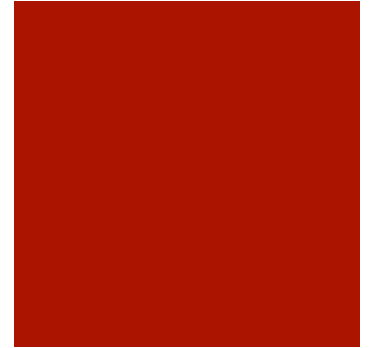
- Epilepsy/Seizures
- With the large and growing number of seizures caused by aspartame, it is sad to see that the Epilepsy Foundation is promoting the "safety" of aspartame. At Massachusetts Institute of Technology, 80 people who had suffered seizures after ingesting aspartame were surveyed. Community Nutrition Institute concluded the following about the survey: "These 80 cases meet the FDA's own definition of an imminent hazard to the public health, which requires the FDA to expeditiously remove a product from the market."
- A hotline was even set up for pilots suffering from acute reactions to aspartame ingestion. Over 600 pilots have reported symptoms including some who have reported suffering grand mal seizures in the cockpit due to aspartame.

Aspartame: Products



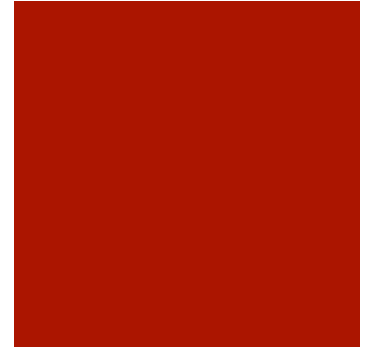
- instant breakfasts
- breath mints
- Cereals
- sugar-free chewing gum
- cocoa mixes
- coffee beverages
- Desserts
- juice beverages
- Laxatives
- Yogurt
- Multivitamins
- milk drinks
- pharmaceuticals and supplements, including over-the-counter medicines
- shake mixes
- soft drinks
- tabletop sweeteners
- tea beverages
- instant teas and coffees
- wine coolers

Saccharin (Sweet N' Low) & others



- Bladder cancer
- Sturgeon et al's analysis (1,860 cases) of the NCI data found that heavy use of artificial sweeteners was associated (RR = 2.2) with higher-grade, **poorly differentiated bladder tumors**.
- Howe et al (632 cases) found an increased risk in Canadian males (RR = 1.6); men who consumed more artificial sweeteners or consumed artificial sweeteners for a longer period of time had relatively high risks.
- Morrison and Buring (592 male and female patients with lower-urinary-tract cancer -- 94% of whom had bladder cancer) found increased risks in women who consumed dietetic beverages (RR = 1.8 [1.0-3.3]) and who consumed sugar substitutes (RR = 1.9 [1.0-3.6]) (stratified for age and smoking history). Women who consumed dietetic beverages for five years or more had a relative risk of 3.7.

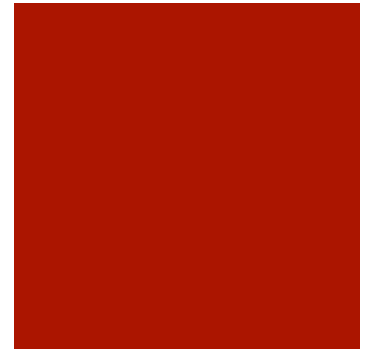
Recommended Sweeteners



- Sucanat: a raw sugar with complete molasses
- Raw honey: a natural sweetener (not recommended for under 1 year of age)
- Pure maple syrup: a natural sweetener from maple plant

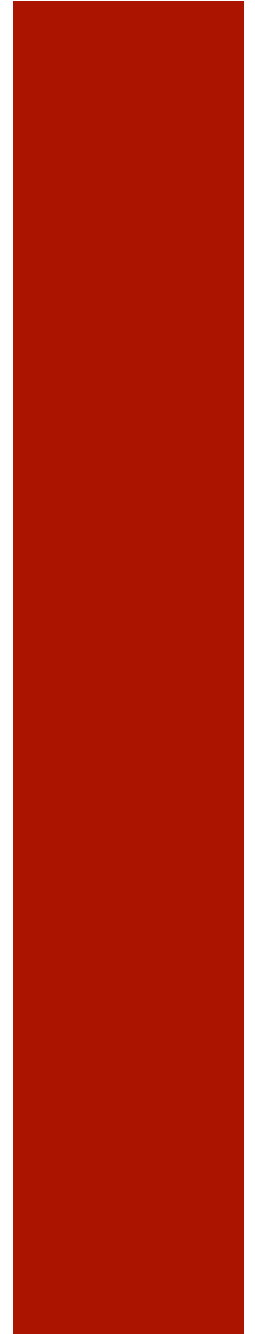
Recommendation

- Reduce the amount of natural sweeteners such as cane sugar, molasses, honey, syrup, etc
- Consume no more than 3 tbsp of natural sweeteners; if possible 1 tbsp per day or 5 tbsp per week
- Avoid artificial sweeteners
- Avoid high fructose corn syrup and other corn derived sweeteners



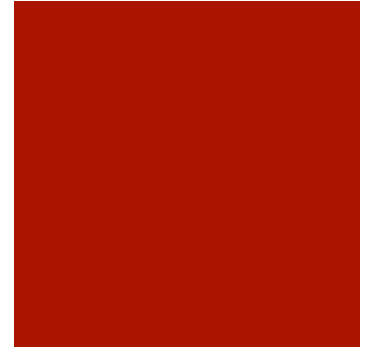
Caffeine and its hidden danger

What's in the cup you are drinking?



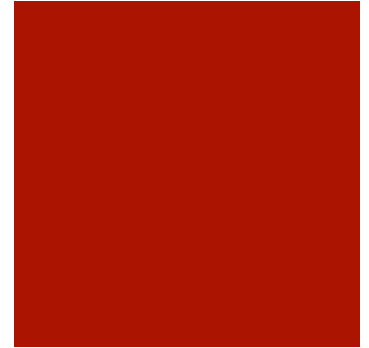
Caffeine, found in...

- Sodas
- Tea
- Coffee
- Diet pills
- Supplements and medications
- Chocolates
- Booster drinks



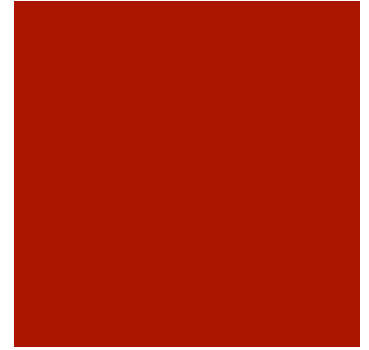
Negative effect # 1

- It is a diuretic
 - Your body loses more water than gain by drinking caffeinated drinks
 - Causes dehydration
 - Becomes fatigue
 - Increases urine flow

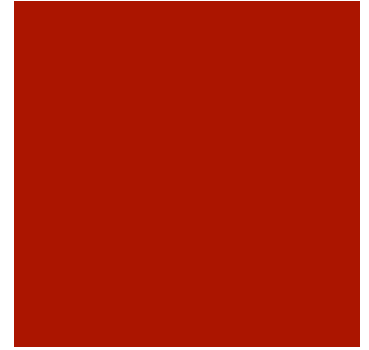


Negative effect #2

- It is a stimulant.
 - Chemically triggers your body's stress response
 - Gives false energy by stealing energy and nutrients from your system
 - Your skin becomes pale and digestion is weakened
 - It is like using your credit card at the expense of high interest rate for short term strategy, which requires a payment that may place your body's energy and nutrient in long term debt. This debt in health involves chronic diseases.



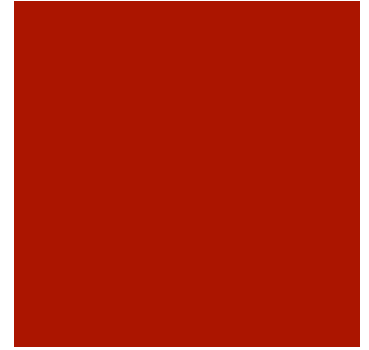
Family of Methylxanthines...



- Caffeine
- Theobromine
- Theophyllin

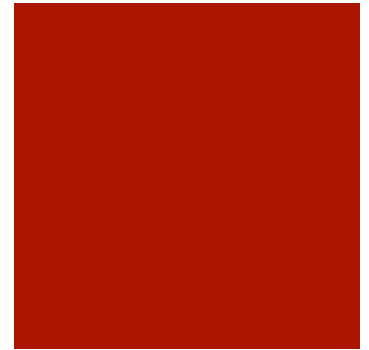
Uric Acid

- Caffeine, methylxanthines and purines are converted to uric acid in the body
- Uric acid causes gout



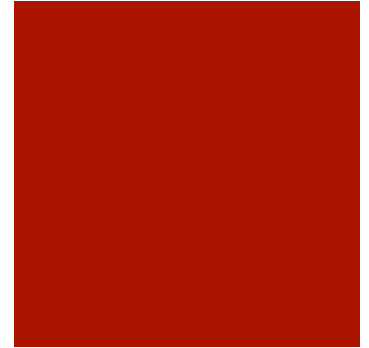
Caffeine in the system...

- Increase plasma renin (kidney hormone) activity by 57%
- Increase plasma norepinephrine (brain hormone) by 75%
- Increase plasma epinephrine (adrenal hormone) by 207%
- The interaction of these hormone increase the production of blood fats.
- This effect occurs simply with a cup of coffee

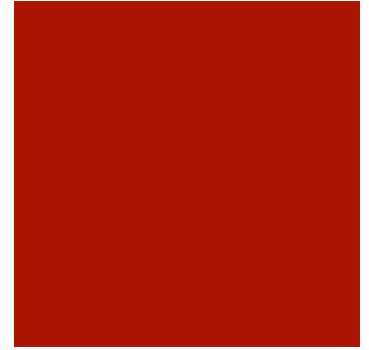


Drink coffee daily...

- 2 or more cups: increase cholesterol levels
- 5 or more cups: increase risk of heart problems by 2.8X
- 8 or more cups: trigger anxiety, nervousness, fear, nausea, & restlessness



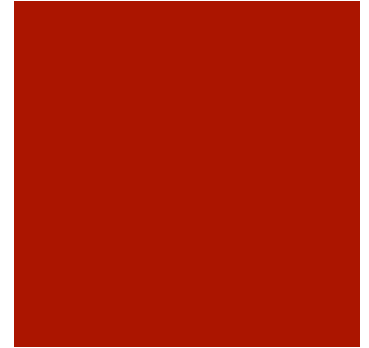
Caffeine and heart



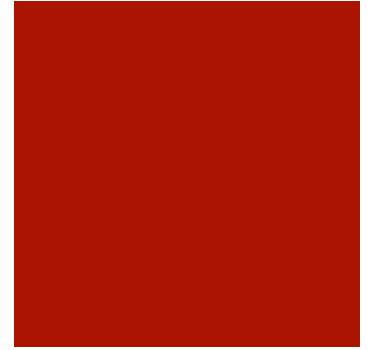
- Increases catecholamines
 - Chemicals that form in the brain during stress
 - Alter clotting ability in the blood that could lead to heart attacks
 - Raise blood pressure
 - Interfere with sleep
 - Increase fats in blood

Three hours after caffeine intake...

- Increase secretion of calcium, chloride, sodium, & magnesium in the urine
- Loss of these minerals has a negative impact on the bones, muscles, skin and blood

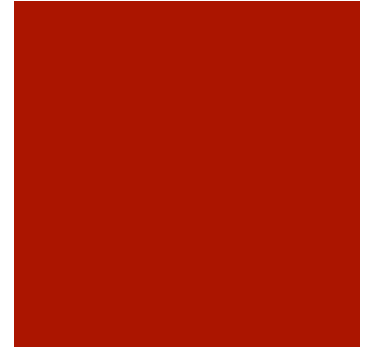


Caffeine and mental health



- Slows down blood flow to the brain
 - Decreases learning ability
 - Increases irritability, weakness, fatigue & depression
 - Changes sleep patterns
 - Causes poor judgment, loss of memory, agitation, poor disposition and hostility, & mental illness

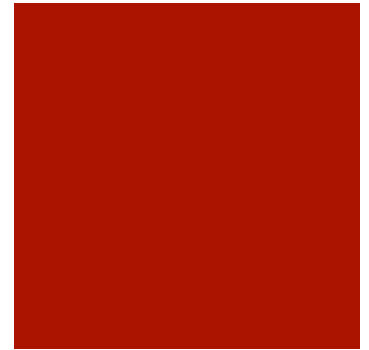
Caffeine and osteoporosis...



- Women of 50 years and beyond: one cup coffee daily causes 1.4% loss of bone calcium per year (that's 14% per decade)
- Soft drinks contain both caffeine and phosphates which increase the bone loss to much greater degree

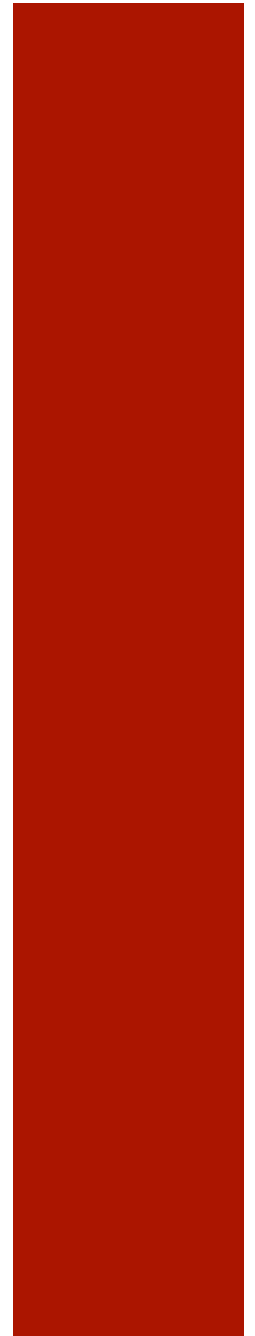
How to quit...

- Control your diet rigidly; avoid overeating.
- Avoid the use of refined sugar and concentrated sweets.
- Do not allow dehydration to occur; drink 8-10 glasses of water per day and eat 5-10 servings of raw fruits and vegetables per day.
- Headaches may occur during withdrawal: take 20-45 minutes of hot foot bath and keep a cold cloth to your forehead if sweating occurs.

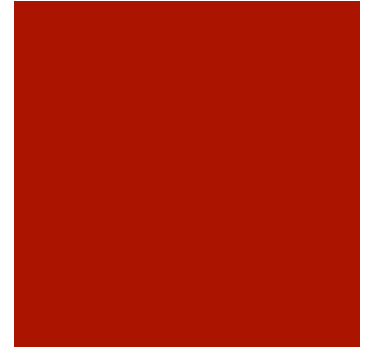


Optimizing Immunity

Ervin Davis, MD



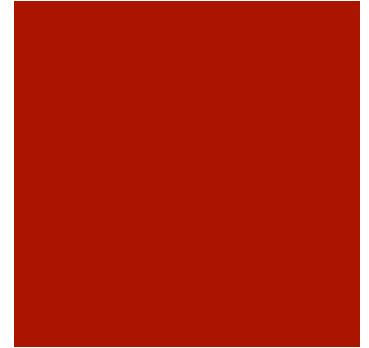
Ions/Fresh Air



- Air pollution:
 - Tobacco smoke
 - Formaldehyde from wood products
 - Chemical fumes from copy machines, carpeting, cleaning products
 - Carbon monoxide
 - Mold, insect droppings, fungi, lead, pesticide
- Symptoms:
 - Sore throats, coughing, burning eyes, headaches
 - Exhaustion, depression

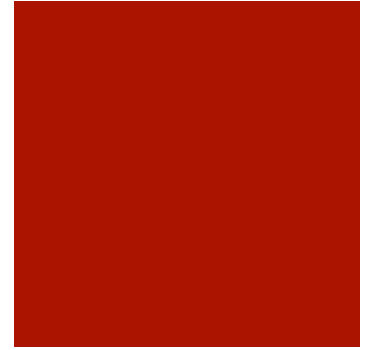
Ions/Fresh Air

- Fresh air: ionized, electrically charged
- Improves brain's ability to function, clarifying the mind
- Improve concentration, boost learning abilities
- Improves sleep quality



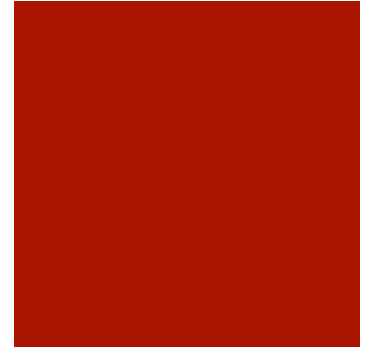
Moderation/Temperance

- Moderation in the use of that which is good
- Total abstinence from which is harmful
 - Avoid tobacco, alcohol, drugs, and caffeine
- Self-restraint
 - Not overeating, even of the healthiest foods
 - Avoid becoming slaves to appetite and habit
 - Exercise in moderation, too much can cause injury



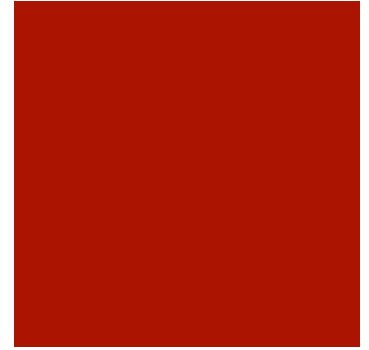
Movement/Exercise

- Fights depression, relieves anxiety and stress
- Increases energy levels
- Helps reach / maintain proper weight
- Strengthens immune system
- Enhances circulation, improves memory and mental ability, gives better sleep, promotes faster healthg
- Strengthens bones, help retain calcium and other minerals
- Protects heart disease, decrease blood pressure and heart rate, raise HDL cholesterol
- Aids digestions



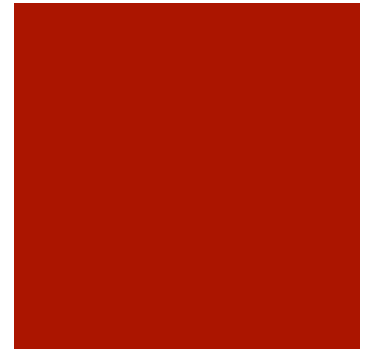
Benefits of walking

- Uses almost all of the body's 206 bones and 540 muscles
- Easy on joints
- Enhances proper breathing
- Promotes proper circulation



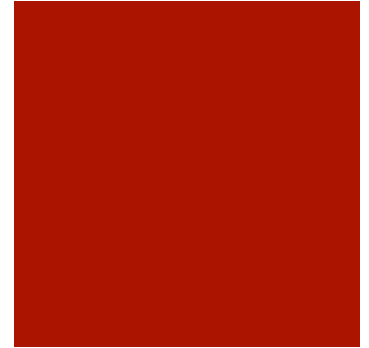
Ultraviolet B/Sunshine

- Converts cholesterol into Vitamin D
- Kills germs, enhances immune system by increasing the oxygen capacity of the RBC, enhances gamma globulin
- Increases endorphin production in the brain → treats depression and stress
- Increase metabolism by stimulating thyroid production → helps in weight loss
- Increases melatonin → improves sleep
- Enhances waste elimination (sweat), improves liver function



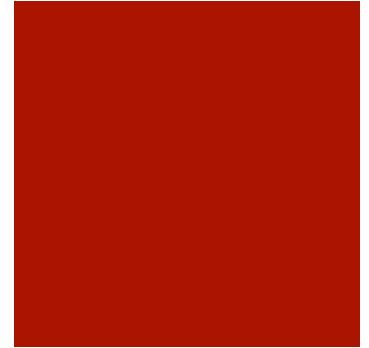
Nutrition

- Beta carotene and Vitamin A: among the most powerful antioxidant, guard against cancer
 - Fruits and vegetables (bright colors)
- Vitamin C: collagen formation, increase WBC, interferon, antibody → prevent entry of virus
 - Bell pepper, broccoli, brussel sprouts, cauliflower, fruit blends, lemon juice, mustard greens, oranges, papaya, strawberries, and kiwi fruit
- Vitamin E: stimulates natural “killer” cells, enhances production of B-cells (produce antibodies)
 - Almonds, broccoli, chard, mustard greens, olives, papaya, sunflower seeds, turnip greens



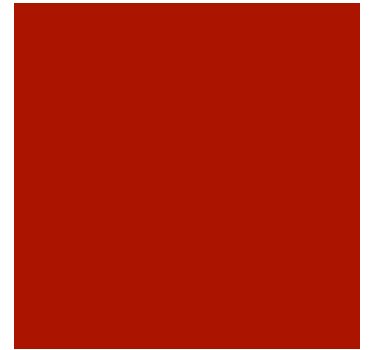
Nutrition

- Thiamin (B1): catalyst in carbohydrate metabolism and synthesizes nerve-regulating substances
 - Asparagus, leafy greens, vegetables, grains, sunflower seeds, legumes, berries, wheat germ
- Riboflavin (B2): aids fat and carbohydrate metabolism
 - Asparagus, grains, cranberries, romaine lettuce, pasta
- Niacin (B3): helps release, energy from nutrients, reduce cholesterol
 - Asparagus, cranberries, tomatoes, nuts, beans, peas



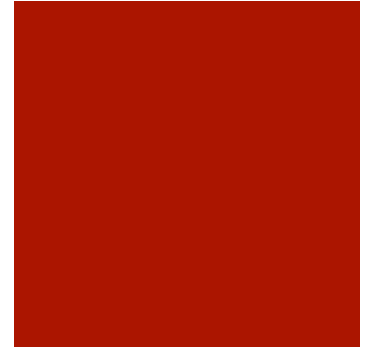
Nutrition

- Pantothenic acid (B5): helps macronutrient metabolism
 - Whole grains, legumes, nearly every plant sources
- Pyridoxine (B6): helps absorb and metabolize amino acids, forms RBC
 - Bell peppers, cauliflower, cranberries, mustard greens, turnips, spinach, green beans, avocados, whole grains, bananas
- Biotin (B7): forms fatty acids and helps release energy from carbohydrates
 - Beans, cauliflower, legumes, nuts, oats, wheat germ, whole grains, bananas
- Folate (B9): forms hemoglobin, prevents neural tube defects
 - Asparagus, beets, broccoli, lentils, parsley, romaine lettuce, spinach, turnip greens, green leafy vegetables



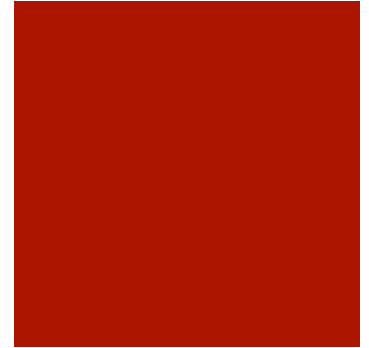
Nutrition

- Cobalamin/cyanocobalamin (B12): matures and forms RBC, assists nervous system function
 - Wheat germ, fortified soymilk, vegetables
- Zinc: increases killer cells, increase infection-fighting T-cells
 - legumes
- Chromium: enhance WBC to respond to infection, aids in insulin resistance
 - Onions, whole grains, oat bran, tomato, potato
- Selenium: increases natural killer cells
 - Brazil nuts, brown rice, garlic, whole grains



Arabinogalactan

- Has potent immune-enhancing properties
- stimulate NK cell cytotoxicity
- block metastasis of tumor cells (esp. to the liver)
- Carrots, radishes, black beans, pears, wheat, tomatoes
- Larch trees



Trust in Divine Power

- Spiritually helps to control stress, strengthen immune system, and protect against heart disease and cancer
- Trust in the Lord with your heart and lean not on your own understanding. In all your ways acknowledge Him and He shall direct your path. Proverbs 3:5

