

Nutrition for Immune System Improvement

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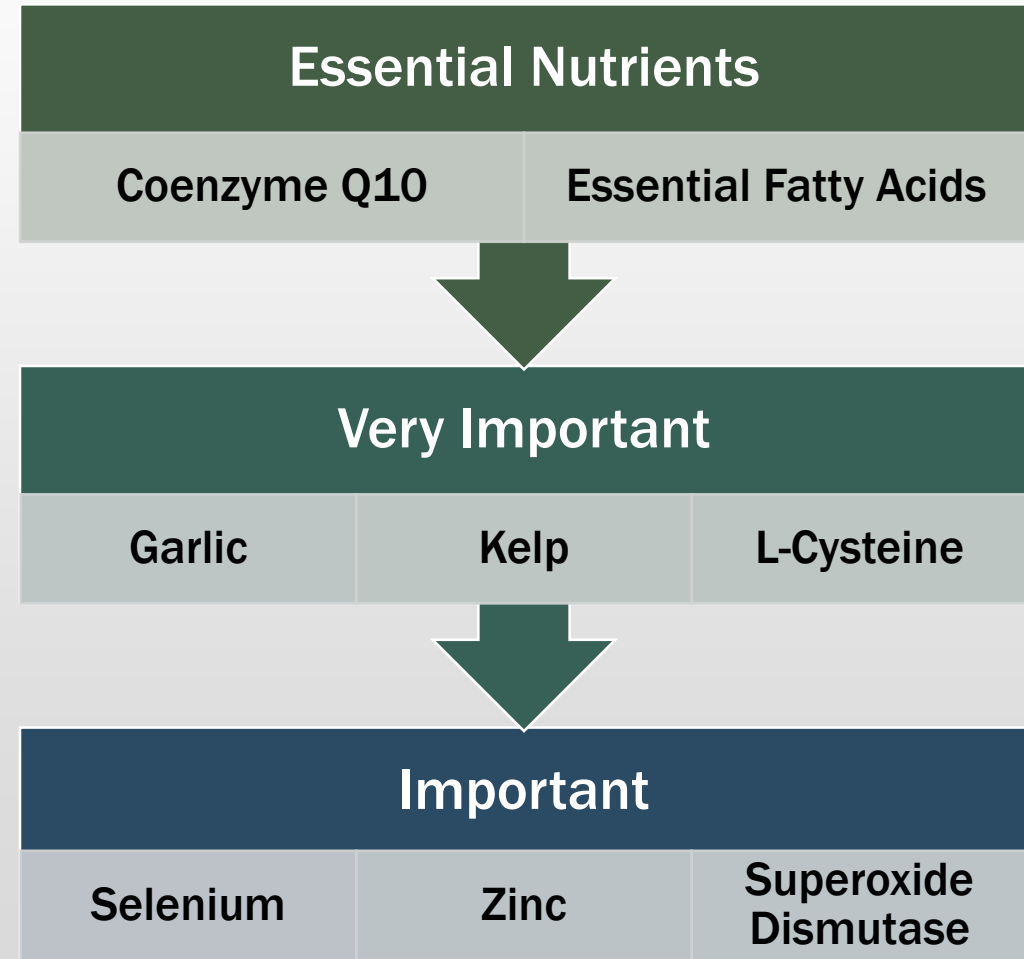


Immune System and Injury Control

- The following is general inflammation regarding foods that help to reduce inflammation in our bodies after injury. This is for informational purposes only.
- True health is directly related to immune system function.
- Common signs of a weakened immune system.
 - Fatigue
 - Listlessness
 - Repeated Infections
 - Inflammation
 - Allergic Reactions
 - Slow Wound Healing
 - Chronic Diarrhea
 - Stress

Improved Immune System Function

- Essential Nutrients
- Very Important Nutrients
- Important Nutrients
- Helpful additional Nutrients
 - Vitamin A
 - Vitamin B Complex
 - Vitamin C
 - Vitamin E



Common Herbs

WHICH HAVE BEEN SHOWN TO IMPROVE IMMUNE SYSTEM FUNCTION

Herbs

Herbs

- Astragalus
- Bayberry
- Fenugreek
- Hawthorn
- Horehound
- Licorice Root
- Red Clover
- Ginko Biloba
- Goldenseal
- Ligustrum

Herbs

- Black Radish
- Dandelion
- Boxthorn Seed
- Ginseng
- Suma
- Wisteria
- Echinacea
- Esberitox
- St. John's Wort
- Picrorrhiza

Additional Recommendations

- Vitamin A is an anti-infection vitamin.
- Vitamin C is the single most important vitamin for immune system function.
- Vitamin E works with Vitamin A, C and Selenium.
- Zinc boosts immune system response.
- Avoid animal products such as processed foods, sugars and soda's.
- Get sufficient sleep
- Get stress reduction techniques.

Additional Recommendations

- Get regular moderate exercise.
- Avoid overeating.
- Stop smoking/alcohol/caffeine usage.
- DHEA can enhance immune system function.