



The Immunity CODE

Remedies For The Top 3 Killer Diseases

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INTRODUCTION

Getting old is a terrible thing. Many of us hate the thought of it, and yet it happens to us all. The slow, deliberate passage of time marches on, and we are all caught in its grip – whether we like it or not.

The terrible thing is that, for some, time seems to march on faster than it does for others. The worst things about getting old seem to strike earlier and with more force. Aches and pains, loss of vision, gray hair, wrinkles and many more, seem to sneak up on them before they know it.

Maybe this could be you. Imagine, one day you're at the doctor, and you've lost count of the number of pills he's prescribing you. You see him lining up bottle after bottle, explaining the numerous cautions and side effects of each one, leaving you to wonder how you ended up there.

Before you know it, you're bedridden, unable to do things for yourself and leading an existence that is no longer as free as it used to be. You lie there, feeling sorry for yourself and wondering where it all went wrong.

Getting older happens to everyone, but not everyone has to deal with premature aging. This only happens to a few of us – those that don't take care of their health. There are seven signs to look out for. These are what you need to be wary of so that you can take the steps needed to stop it.



Sign 1: Cotton Mouth

If you're constantly waking up with the feeling that someone has stuffed a load of cotton into your mouth overnight, there's a chance you might have sleep apnea – a condition whereby your breathing will constantly stop and start during the night. To find out if you do or not, you need to answer the following questions:

- Do you snore?
- Do you wake up groggy or with a headache?
- Do you feel constantly tired or fatigued during the day?
- Do you fall asleep reading, watching TV, or driving?
- Do you have problems with memory or concentration?

If you answer with a positive to one or more of these questions, you might have sleep apnea, and should visit your doctor.

Sign 2: Red Eyes

Red and inflamed eyes could be an early sign of arthritis, as the same thing that causes the inflammation in the joints does it to your eyes as well. Since early treatment of arthritis is best for long-term results, you need to go to your doctor if you suspect anything.

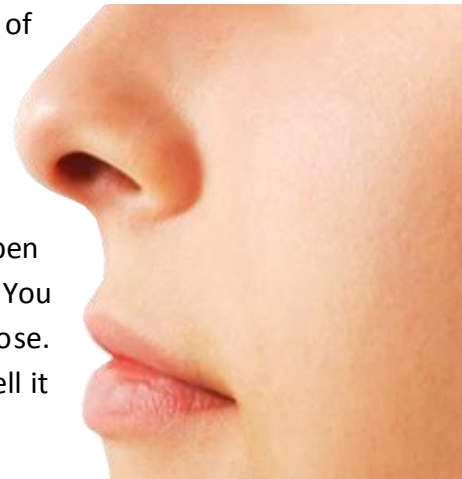
Sign 3: Graying Skin

Gray skin is something that should never be ignored. In most cases, it is an early warning sign of kidney problems. Since your kidneys are the body's waste disposal unit, dangerous levels of toxins can accumulate in your body. If you notice your skin looking a lot duller than usual, head straight to your doctor.

Sign 4: Loss of Smell

This is an especially important one to look out for, as it could be a sign of Parkinson's disease, that awful degenerative disorder that leads to muscle tremors, muscle stiffness, changes in speech, and dementia, among others.

Thankfully, there is a simple way to test your sense of smell. Hold an open alcohol swab near your belly-button and raise it to your nose slowly. You should be able to smell it if it is about 8 to 12 inches away from your nose. Then everything is normal. You should see a doctor if you can only smell it when it is 4 inches from your nose.



Sign 5: Hairless Feet or Toes

When you lose hair on your feet and toes, chances are that you have vascular disease, which can lead to strokes and heart attacks. You see, the hair on your legs are kept healthy by the blood flowing through your body. If you gain too much weight, your arteries and veins could become clogged and cut off blood flow, which leads to your hair follicles dying off. If you have shiny, hairless skin around your hands and feet, it could be an indicator of this.

Sign 6: Bumped Toes

Bumped toes, which refers to toes that have an elevated bump between the knuckle and nail, could be an indication of lung cancer. It occurs because oxygen isn't delivered throughout the body efficiently, so it points to a problem in your heart or lungs. As always, if you notice it, check with your doctor as soon as you can.

Sign 7: Hearing Loss

This one is thought to be a natural part of getting older, but that isn't the case. In fact, it is one of the main indicators that you're aging prematurely, and could even be a sign of dementia or Alzheimer's.

This is because one of the traits of this particularly nasty disease is the formation of plaque in the brain, which causes it to malfunction. This can lead to the hearing centers being affected.



Here's the thing: all of this can be prevented. That's right – all of it.

Premature aging can be prevented and even *reversed*. There's no reason for you to suffer from these 7 signs and none at all for you to feel old. You can live a healthy and happy life, no matter your age. If

All you have to do is take care of your health. The top 3 killers, according to the Centre for Disease Control (CDC), are heart disease, cancer, Chronic Obstructive Pulmonary Disease (COPD), and they can all be averted. These are also symptoms of premature aging.

In this book, we're going to teach you three ways to help prevent the three biggest killers out there, plus a secret weapon to help you stay healthy around the clock by boosting your immune system significantly.

By the end of this book, you will know the causes behind these killers, as well as the best ways to prevent them. If you'd like to jump ahead and find out how you can cure all these symptoms naturally AND restore your body back to optimum health, [click here to check out this free presentation.](#)

CHAPTER 1: DEADLY BURNING SENSATIONS

It's highly possible that there is a silent killer at work in your body right now that is putting you at risk of a whole host of serious diseases. It's been linked to cancer and heart disease, and most of us don't even know whether we have it or not.

We're talking about chronic inflammation, but before we can go into what that is, we have to understand inflammation and how it works in the body.

What is Inflammation?

It is actually part of the body's natural immune response. It occurs when you sustain an injury, or are suffering from a virus. For example, if you twist your ankle, your body reacts to the injury, the area becomes red and swells up due to inflammation. This enables the body to stimulate immune activity at the site, allowing the healing process to begin.

So it is actually part of the natural healing process, and because of this, patients and doctors need to be sure that administering treatment to an inflamed or swollen area is absolutely necessary, so as not to interfere with the process.



It occurs in stages, the first being irritation (the inflammation itself), then discharge of pus, and lastly, the formation of a tiny mass of tissue during healing. It is part of the body's incredibly complex response to harm, and without it, we would never heal. It is referred to as acute inflammation.

However, the problem comes when it persists. Occasionally it can become self-perpetuating, with inflammation being created in response to existing inflammation, resulting in a vicious cycle that can keep going unless you stop it. This is usually referred to as chronic inflammation.

This can have serious consequences. For example, the plaque in coronary artery disease has been linked to chronic inflammation, and people with gene variants linked to inflammation are more likely to get this disease.

Acute versus Chronic Inflammation and the Dangers

There are two different categories of inflammation – acute and chronic, and although similar, they can have very different effects on the body.

Acute inflammation is rapid onset, and quickly becomes severe. It is only present for a few days usually, and can occasionally go on for weeks. It typically happens within a few seconds or minutes after an injury, or onset of a virus or disease.

Examples of it would be acute bronchitis, sore throat from a flu, a scratch on your skin, or a twisted ankle. Usually, one of three things happens when you have acute inflammation – it either gets better, become an abscess or becomes chronic inflammation.

Chronic inflammation is long-term, sometimes lasting months or years at a time, and can have very serious consequences for the body. It can result when you fail to treat whatever was causing the acute inflammation – your immune system malfunctioning and attacking healthy tissue, or you have a low intensity chronic irritant that persists. Examples include asthma, rheumatoid arthritis and chronic sinusitis.

It is also a common sign of hundreds of serious autoimmune disorders. These disorders are where the body mistakes healthy tissue for harmful pathogens, and starts an immune response, which results in things like the destruction of tissue and the thickening, scarring or death of cells or tissue.



Although we would never heal without inflammation, chronic inflammation can be dangerous. It has been linked to several nasty diseases, including the big three we mentioned earlier on. It needs to be well regulated if we want to remain healthy.

So as you can see, it is vital that we avoid chronic inflammation, and thankfully, there are a few easy ways that we can do that.

Avoid Pro-Inflammatory Foods

One of the most important tools for fighting chronic inflammation is our diet, and the first step to keeping it at bay is to stay away from the foods that promote it. A general rule of thumb is to put it down if it contains flour, sugar or sweeteners. As well as promoting inflammation, these foods also add excess weight and make you look older.

A few examples would be bagels, bread, candy, fast food, fruit juices, hot dogs, sugary desserts, soda and snack foods like chips.

Anti-Inflammatory Foods

Now that you know what to avoid, let's take a look at what you should be eating. There are five main foods that are classed as 'anti-inflammatory'. You should try and incorporate these into your diet as much as possible.

Making your diet anti-inflammatory is the best thing you can do to prevent chronic inflammation. It boils down to moving away from heavily processed foods to natural whole foods that are as close to their natural state as possible, meaning plenty of fresh fruit and vegetables, little to no red meat and an abundance of omega-3 fatty acids.

The top five foods you're going to want to go out and get right now are:

1. **Green leafy vegetables:** This is the first thing you're going to want to stock up on in the fight against chronic inflammation. They're rich in antioxidants that help keep cells healthy, as well as flavonoids, which are anti-inflammatory.
2. **Beets:** Beets are an excellent example of a food that is just packed full of antioxidants that help fight inflammation. The one that gives them their signature color, called betalain, is a great anti-inflammatory. They also contain a fair amount of magnesium, a deficiency of which has been linked to chronic inflammation.
3. **Blueberries:** These amazingly tasty little berries have high levels of antioxidants when compared to other fruit and vegetables, and they also have a lower sugar content.

4. **Salmon:** The body needs essential fatty acids like omega-3 to fight off chronic inflammation, and salmon is one of the best sources out there. These fatty acids not only help with inflammation, but they also lower the risk of chronic diseases, such as heart disease and cancer.
5. **Chia Seeds:** These awesome little seeds pack in a fantastic amount of omega-3 and -6, which need to be consumed together to keep their levels balanced in the body.

In order to get you started, we're going to give you a really easy recipe for anti-inflammatory juice. It can be made in a few minutes, and drank whenever you want it.

Anti-Inflammatory Juice Recipe

Total Time: 5 minutes

Serves: 2

INGREDIENTS:

- 4 Celery Stalks
- 1/2 Cucumber
- 1 cup Pineapple
- 1/2 Green Apple
- 1 cup Spinach
- 1 Lemon
- 1 knob Ginger

DIRECTIONS:

Add all ingredients to vegetable juicer. Gently stir juice.



CHAPTER 2: UNDUE STRESS

There is another silent killer that might be lurking inside you right now, and just like inflammation, these can also be helpful or harmful to the body.

We're talking about free radicals.

These are unstable molecules that are produced in two ways, the first being normal cell metabolism, and the second is from external sources, such as pollution, medication or second-hand smoke.

When there is an overload of free radicals in the body, they start to accumulate and cause something called oxidative stress, which plays a huge role in diseases such as cancer, autoimmune disorders and even aging.

You see, free radicals are really unstable, and are always looking to take electrons from other molecules in a process called oxidation. These include the ones which make up your tissues, cells, and organs. Once this happens, the molecule that just had its electron stolen becomes a free radical as well, and a chain reaction begins – one that is difficult to stop.



What's scary is how effective they are at this, as it takes just a second for over 50 million of them to steal from your DNA and mitochondria, thus damaging your body in the process.

These renegade cells can cause great damage to your very DNA. They can alter biochemical compounds, which leads to corroded cell membranes and even the death of cells. Your very cell structure can be destroyed, as well as others, such as proteins and lipids. This attack on your body at such a cellular level plays a major role in the diseases we've already mentioned.

It is well established that oxidative stress is responsible for cancer development, since cancer is something that involves changes to your cells and molecules. When free radicals interfere with cell growth, it can cause them to mutate into cancerous cells, and subsequently, tumors. If you're truly concerned about getting rid of oxidative stress in your body in an all-natural way, once and for all, [you need to check out the solution in this free presentation here.](#)

COPD is another one that has links to excess free radicals, as it is distinguished by chronic inflammation and oxidative stress combined.

They can be good for you as well. At low concentrations, they're necessary for healthy cell development and boost your immune system. They are required in the destruction of invading pathogens, helping keep us free of disease. It's when the levels get too high that they start to be a problem.

Antioxidants to the Rescue

Antioxidants are molecules that can stop the oxidation process in other molecules, breaking the free radical chain reactions by sacrificing their own electrons to do so. Since they can function without said electrons, they do not become free radicals themselves.

This is how you can naturally defend yourself from attacks by free radicals. Your body manufactures some of these antioxidants itself, but others need to be taken from external sources.

Most vegetables are absolutely loaded with antioxidants. In fact, the more colorful the veggies, the more antioxidants they're likely to have. It is recommended that you consume ones that have been locally harvested, as the further away from harvest they are, the less effective their antioxidant qualities. You should eat them raw for the same reason.

Getting enough antioxidants in your daily diet gives you enough micronutrients to resist aging and disease caused by free radicals. If you don't, you're putting yourself at risk.

Here are the five foods that you should be including in your diet to help fight free radical damage.

1. **Spices:** These have the most antioxidants of any food out there. Just start using spices in every dish you make, and you'll start to reap the benefits. Good ones include cloves, turmeric, oregano, cinnamon and vanilla.
2. **Chocolate:** Good, organic, dark chocolate that has as few additives as possible is an excellent source of antioxidants. So grab a bar of dark chocolate and indulge, but remember not to eat too much, as they are quite calorie-heavy.
3. **Coffee:** That morning pick-me-up can indeed help you fight free radicals. It can protect against atherosclerosis, type II diabetes, depression, and even dementia. Make sure not to load it with sugar or other sweeteners or you'll be defeating the purpose.
4. **Berries:** You can believe the hype about these tasty little morsels – they are indeed full of antioxidants. Blueberries, blackberries, and raspberries pack quite the antioxidant punch.
5. **Nuts:** These are great health foods, as they are both a terrific source of antioxidants, healthy fat, protein and fiber. Good examples are pecans, walnuts, hazelnuts and almonds.



CHAPTER 3: YOUR BODY'S ARTILLERY

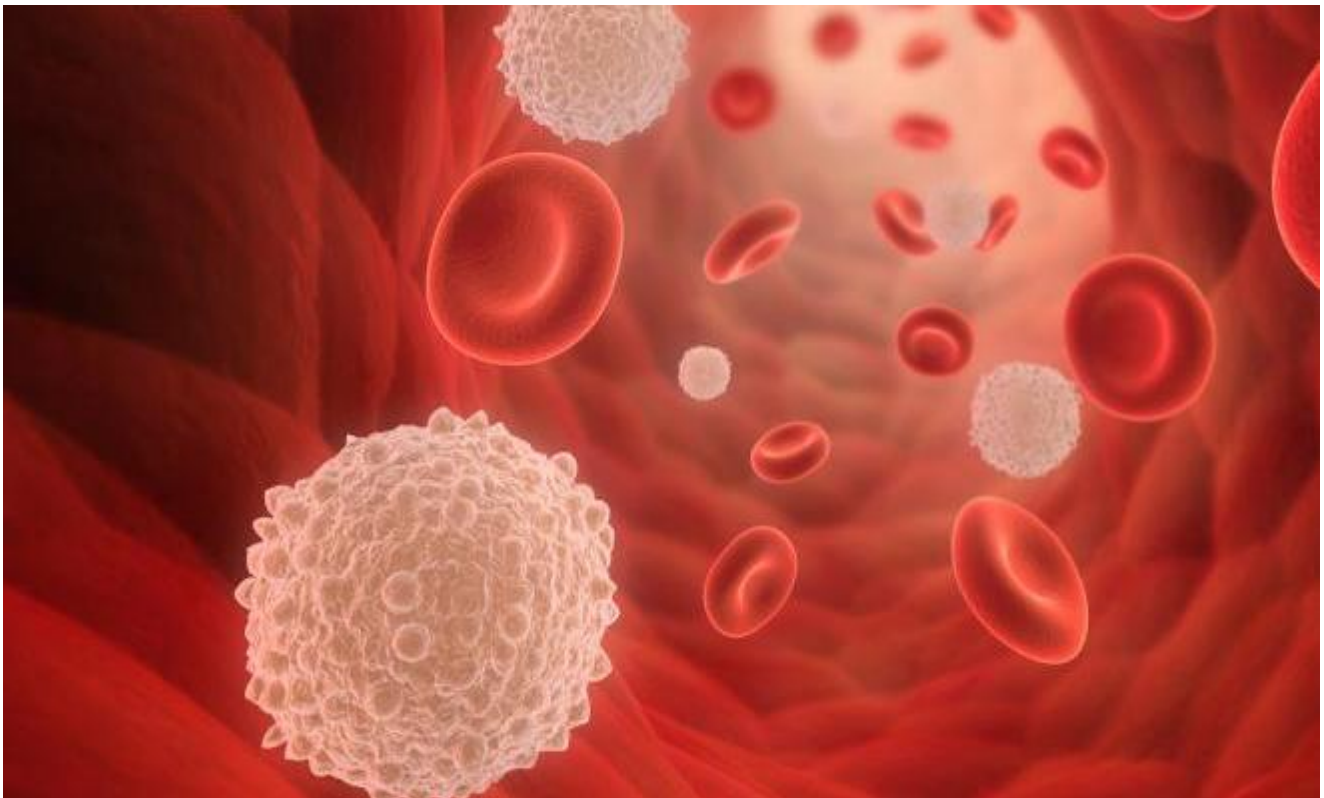
Your body is a battlefield. Every day it is under attack by foreign invaders, and we have our own soldiers inside us to fight these harmful germs. These are called leukocytes, or white blood cells.

These are a part of our immune system, and are responsible for keeping us safe from any disease or virus that chooses to invade our system. Some make antibodies to do so, some 'eat' the invading cells, and others acts as messengers to let their brethren know about potential threats.

There are five types of white blood cells:

1. Basophils
2. Eosinophils
3. Lymphocytes (T-cells and B-cells)
4. Monocytes
5. Neutrophils.

A healthy white blood cell count is somewhere in the range of 4,500 to 10,000 white blood cells (WBCs) per micro-liter of blood. They all work together to keep us healthy, but sometimes, this system can be compromised.



Neutropenia

This is a condition that results in the reduction of the effectiveness of the body's immune system, and occurs when the number of neutrophils decreases.

Neutrophils function by using enzymes to kill and digest invading microorganisms, thereby stopping the invader in its tracks. They are made in the bone marrow, and go from there into the blood.

Signs and Symptoms

When your white cell count is low, your immune system is compromised, which puts you at greater risk of all kinds of nasty things. There are certain signs that you need to keep an eye out for.

A fever is often the first sign, so call your doctor if your temperature gets too high. Other common infection areas are the bladder and gastrointestinal system, so look out for stomach cramps, diarrhea, rectal bleeding, and urination problems.

If you get cut or scratched, keep in mind that you need to disinfect it, no matter how small. You're especially prone to infection when you have neutropenia. Also, make sure to keep track of sore gums, mouth sores or canker sores, as your body won't be able to fight off the most basic of bacteria.

Coughs, sore throats, sneezing or headaches can indicate an upper respiratory infection, so call your doctor if you notice any of this.

Clinical Consequences of Neutropenia

When you have this condition, your body is at greater risk of any type of infection, and how badly the risk depends on the severity of your neutropenia, as well as your overall health.

The most common ones that sufferers get are bacterial infections of the skin, as well as gastrointestinal and urinary tract infections. They might stay on a certain area of the body, or get into the blood and infect other organs throughout.

5 Ways to Boost Your White Cell Count

Luckily you can increase your white cell count naturally, and you guessed it, it comes down to diet once more. It's truly amazing how healthy we can keep ourselves just by eating right, isn't it?

There are plenty of medications out there that can increase your white cell count, but they're expensive, and the natural way is always best. However, you should always follow your doctor's advice, and if they prescribe medication, it's best to take it. By following our advice though, you can avoid the changes of that that happening at all.

Here are five other ways to boost your white blood cell count:

1. **Take Zinc.** This is a proven immune booster that helps increase your white cell count. Deficiencies of zinc have been linked to an increased risk of infection, and people with cancer have lower levels of it. Eat more oysters, beef, lamb or spinach to up your levels.
2. **Take Folic Acid.** This is incredibly important because it is needed to produce white blood cells. Deficiency of it has been shown to lead to anemia. Eat more spinach, beans and citrus fruits to get more.
3. **Take Selenium.** This helps you build up more white blood cells and prevent certain infections.
4. **Eat more yogurt.** The probiotics in yogurt have been shown to increase the effectiveness of the body's immune system. Studies have shown that people who have more actually suffer from colds less often.
5. **Eat more garlic.** Garlic has been shown to dramatically increase total white blood cell count, and also helps the body fight off infections, while stimulating other immune cells.

If you find that the above solutions are still not fast enough for you, there's actually a much easier, foolproof way to improve your white blood cell count, decrease oxidative stress, and eliminate all inflammation from your body – in one single step. [Click here to learn exactly how.](#)

CHAPTER 4: THE SECRET REMEDY

This chapter is by far the most important. Without what you are about to learn, the rest of this might just turn out to be useless. The secret remedy that we are going to reveal to you is one that can prevent all those deadly diseases and help keep you healthy for as long as possible.

Yes, we realize we mentioned three effective remedies on the title of this book, but think of this as a bonus. There is a crucial nutrient we tend to overlook because we assume it is in abundance.

As it turns out, the toxins in our body thrive when there is a lack of this nutrient, and it'll probably surprise you to learn its name – oxygen.

Our bodies are supported by four main components, namely carbohydrates, water, proteins and energy, but most scientists agree that oxygen is actually the key ingredient in all of them. In fact, about 80% of our metabolic energy is generated by it.

Almost every process in our body is regulated by it as well, including our brain function, our ability to remove waste and toxins, our blood circulation - the list goes on. It is a fundamental part of life.



Since it's so vital, low levels in our body can disrupt our ability to function at our peak, and researchers have found that it plays a primary role in our overall health. This means that in order to keep healthy, we need the optimum levels of oxygen.

It's so important that even if we have optimum levels of other nutrients, we can still suffer if we have a lack of oxygen. The scary thing is that a lot of us aren't actually getting enough, and we don't even realize it.

If our levels are too low, it puts us at risk of serious diseases, including fatigue, weakness and even irrational behavior. We can become sluggish and irritable, turning into completely different people. Without it we will age faster and end up living a life dependent on pills and doctors.

In contrast, when we get enough, we are more alert, energetic, heal better, have a stronger heart, sleep better and are just a lot healthier as a whole. It not only improves our physical health, but our mental health as well.

There are quite a few reasons why we might not be getting enough of this incredible nutrient. One of the biggest is, again, our diets.

A lot of people have a highly acidic diet, which an increase in the number of hydrogen ions in the body. These ions then proceed to use up our precious oxygen, which reduces what we can use, and leads to serious health issues.

There are other possible reasons as well. For example, all the stress we face on a regular basis can contribute to a lack of oxygen, and there are four major types of stress:

1. **Toxic Stress** results from the chemicals in our environment invading our systems and using up precious oxygen.
2. **Emotional Stress** which leads to our bodies producing adrenaline, and other related hormones, that use up our oxygen.
3. **Physical Trauma** can reduce circulation and supply of oxygen.
4. **Infections** end up using up our oxygen supplies because our body needs it to combat the invaders.

One of the worst things that can happen when we suffer from oxygen deficiency is cancer. It has been shown that when you have this awful disease, your respiration suffers, which causes oxygen levels to fall, resulting in a weaker immune system and body. So the key to it is increasing the amount of oxygen. Fortunately, there are a few ways to do this.



The first is exercise, and we're not talking about a marathon run or a tough day at the gym. No, studies have shown that one of the best forms of exercise to increase oxygen production is a simple walk. This helps oxygenate your brain more effectively, so all you need to do is get outside and walk at a moderate pace for a while about half an hour.

Another way to utilize exercise is with Exercise With Oxygen Therapy (EWOT). This involves doing light exercise on something like a treadmill while breathing pure oxygen. This produces great benefits by filling your body with life-giving oxygen, thus helping to prevent cancer and maintain your health.

Hyperbaric oxygen therapy (HBOT) is also a great way to increase your oxygen levels. What you do is you get into a total body chamber that has a controlled atmosphere and inhale 100% oxygen while in there. This helps spread it throughout the body much faster than regular breathing, and enhancing your body's healing ability by a significant margin.

So as you can see, oxygen is actually one of the most important things to us. It is the top secret remedy that can help use prevent Heart disease, cancer, Chronic Obstructive Pulmonary Disease (COPD).

Diet and exercise are important, but even if we eat the best diet in the world and workout daily, without oxygen it is all for nothing. Its importance cannot be understated. And you're about to learn how you can increase your levels naturally, and without having to spend thousands of dollars a month on treatment methods.

CONCLUSION

Oxygen is the secret to living a long life– without being bedridden or beset by the plague of diseases. However, it is both costly and time-consuming to go for hyperbaric oxygen therapy or EWOT. And due to our hectic urban lifestyle today, these are next to impossible to do on a daily basis.

That is why more than a hundred thousand people have turned to this ground-breaking discovery. No more costly visits to the doctor, no more mountains of pills, no more spending each day in pain, feeling tired and depressed. People who use this are living disease-free lives, no matter what age they are. I'm sure you want the same.

[Watch this presentation](#) to find out how you can use this amazing breakthrough to start your journey of living a long, healthy vibrant life. It's right within your reach.

Kevin Richardson

