



Dr. Ritamarie's

S.H.I.E.L.D. Program



SCIENTIFIC AND HOLISTIC IMMUNE ENHANCING LIFESTYLE AND DIET

SHIELD:

Part 3: Herbs and Foods for Fighting Infectious Diseases

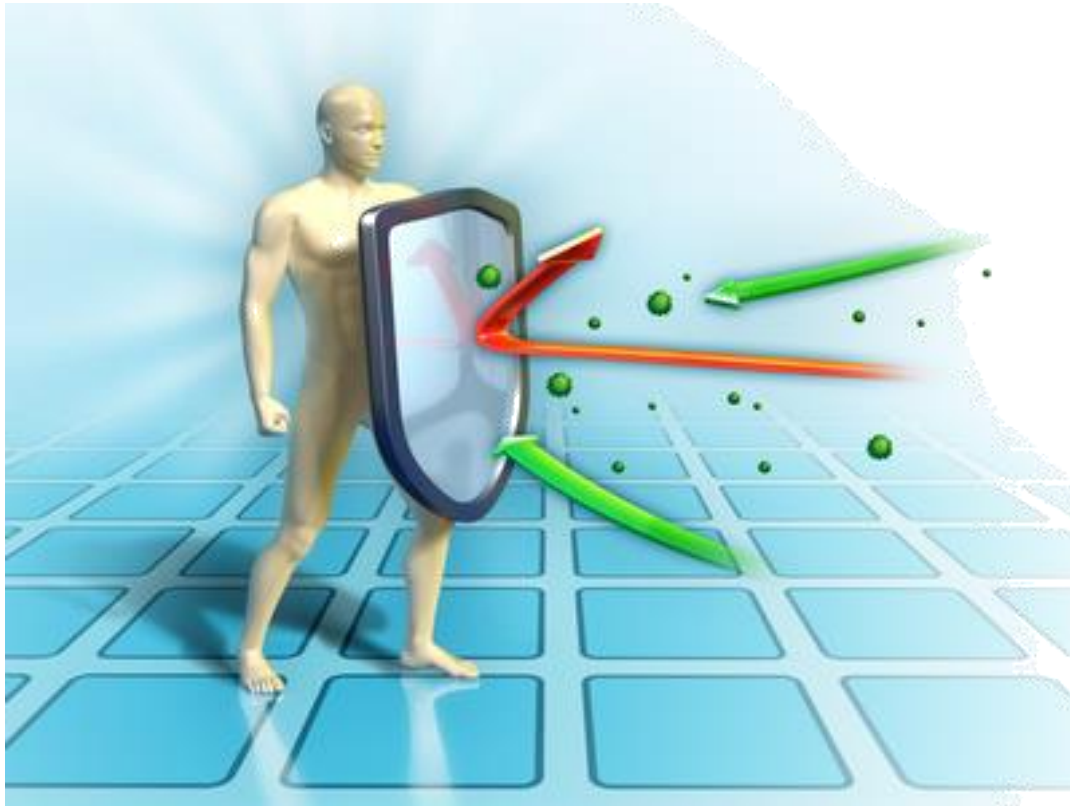


With Dr. Ritamarie Loscalzo

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Immune System's Job

Protect from foreign invaders called “antigens”
(the police department and army of the body)



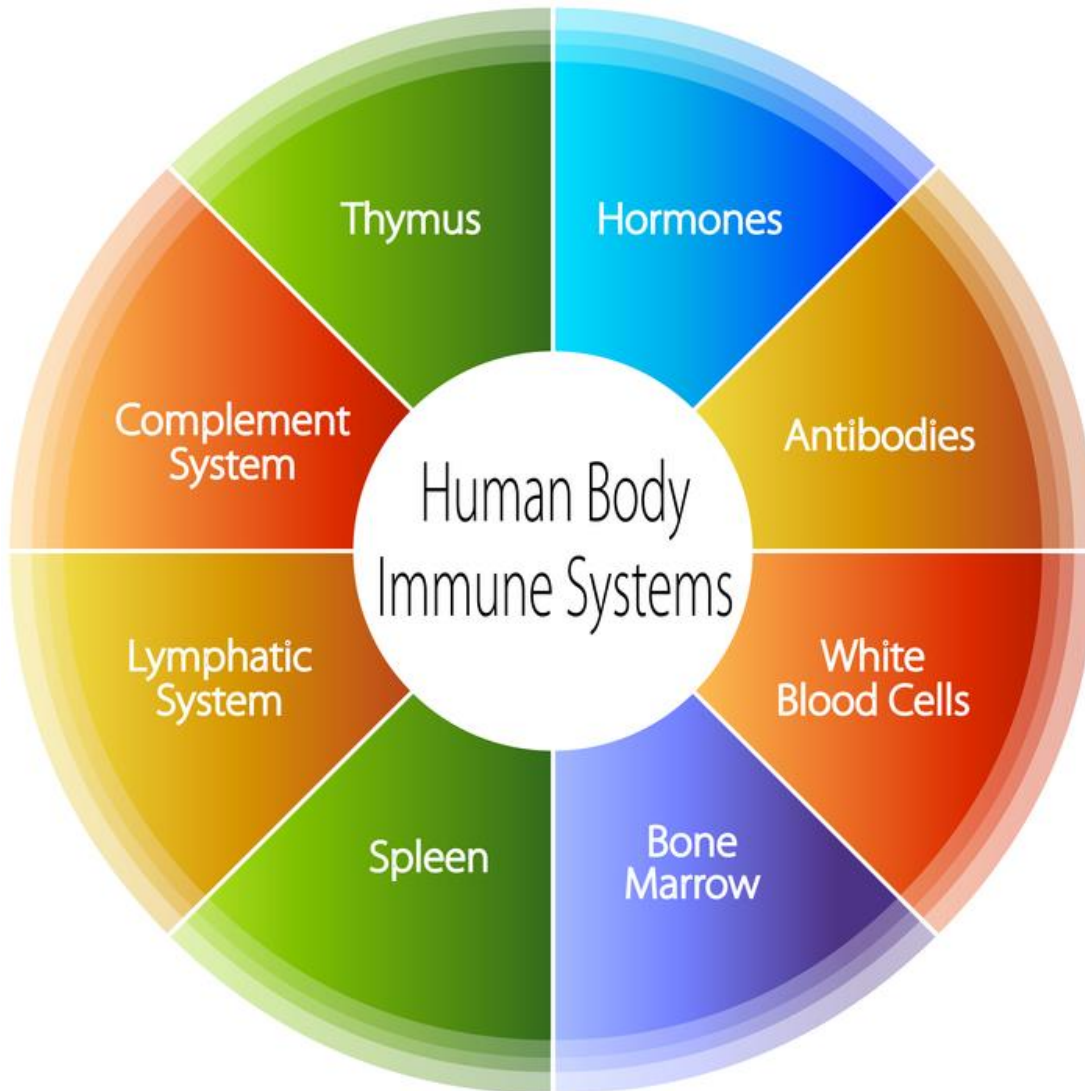
- ✓ Bacteria
- ✓ Viruses
- ✓ Fungus
- ✓ Yeasts
- ✓ Molds
- ✓ Food particles
- ✓ Dirt
- ✓ Parasites
- ✓ Environmental toxins

Assessing Your Immune Health

- Symptoms (scorecard)
 - ✓ Low
 - ✓ High
- Physical signs (exam)
 - ✓ Exam
- Lab testing
 - ✓ Blood tests
 - ✓ Allergy tests
 - ✓ Antibody tests



Immune System Components

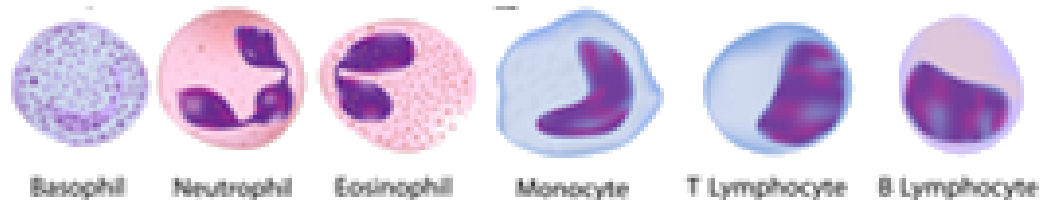


Immune Barriers

- ✓ Skin
- ✓ Intestine lining
- ✓ Lungs
- ✓ Blood brain barrier

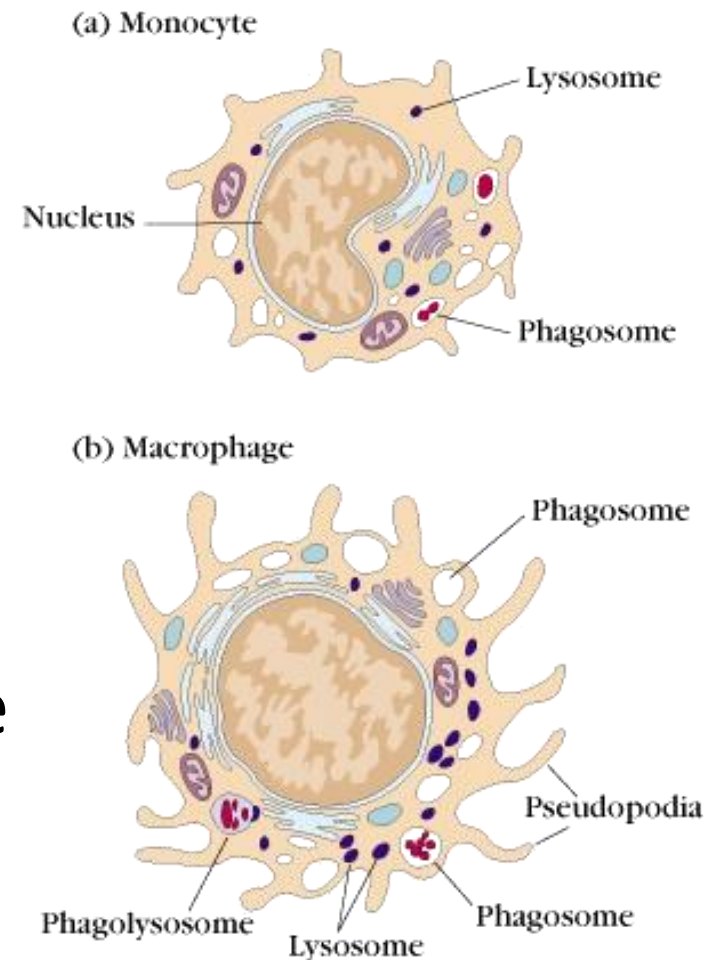
Leukocytes (White Blood Cells)

- **Neutrophils:** First line of defense, short half life 2-3 days – On CBC, elevation may mean bacterial infection 40-60%
- **Eosinophils:** Parasites and allergies 0-3%
- **Basophils:** Related to histamines and allergy. Mast cells and IgE antibodies 0-1%
- **Monocytes:** Second line of defense – elevated in recovery stage 0-7%
- **Lymphocytes:** Make antibodies – On CBC, elevation may mean viral infection 20-40%
- **Plasma Cells:** Produce large amounts of antibodies, made from B cells



Macrophages

- Made from monocytes
- Mobile or attached
- Attack and destroy invaders by phagocytosis
- Attracted to injured and inflamed areas via chemotaxis
- Chemotaxic substances include microbial toxins, degenerated tissue and cytokines



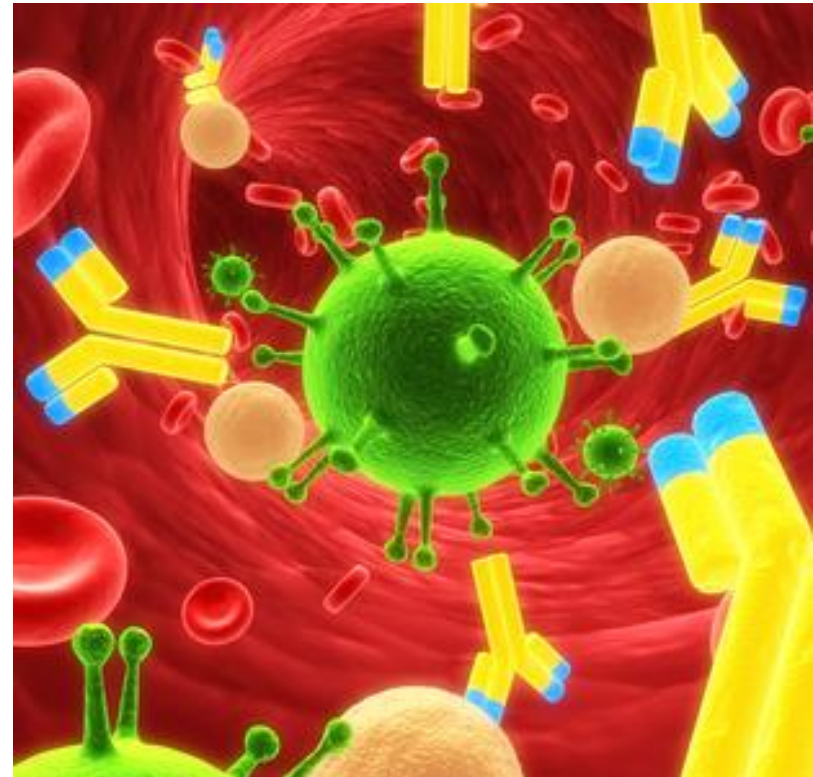
Antibodies - Immunoglobulins



- **IgM and IgD:** First line
- **IgG:** Most prevalent in blood
- **IgA:** Mucosal surfaces, in serum, and in secretions; secretory IgA - GI and respiratory tracts
- **IgE:** Respiratory and GI mucous secretions – allergic asthma, hay fever, skin reactions i.e. hives and parasitic infections

Immune System's Response to Attack

- **Invader** makes its way in.
- **Macrophages** engulf invader: *they have clubs but no guns*) and forms...
- **Antigen Presenting Cell** (APC) to summon the rest of the immune system to help out.
- **“Antenna” (vitamin D receptor)** searches for **vitamin D** and **T cells begin to mobilize**.
- **T Helper Cell Type 1** bring natural killer cells and cytotoxic T cells to APC.
- **Natural Killer Cells and Cytotoxic T Cells** swarm and destroy invader.
- **T Regulatory Cells** make sure there is enough protection via T helper and T suppressors.
- **T Helper Cells Type 2** alert B cells to make antibodies which memorize the intruder to catch quicker next time.



What Can Go Wrong with the Immune System?

- **Hypoactive (Under)**
 - ✓ Infections
 - ✓ Immunosuppression
- **Hyperactive (Over)**
 - ✓ Autoimmune
 - ✓ Allergies
 - Food
 - Environmental

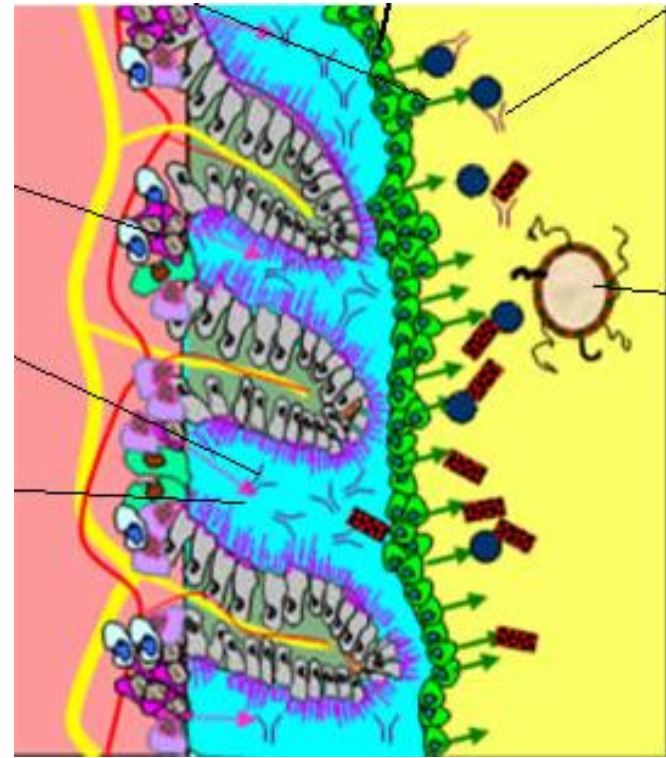


Weakening of Immune Barriers

gut, brain, skin, lungs

Immune barriers allow invaders in due to:

- Vitamin D deficiency
- Blood sugar irregularities
- Overactive adrenal
- Diet: heated fats, sugar, gluten, pesticides
- Gut inflammation
- Stress
- Prenatal environment: food allergies and intolerances in mom can lead to autism, asthma, and eczema
- Food allergens



Balancing Immune System - Step 1

Reduce Toxic Load: Diet and Lifestyle Modifications

- Exercise
- Reduce stress
- Balance adrenals
- Balance blood sugar
- Reduce antigenic load
- Reduce environmental exposures to toxins
- Reduce dietary exposures to toxins and allergens
- Eat whole, fresh, antioxidant- and nutrient-rich foods
- Repair leaky gut and eliminate infections



Balancing Immune System - Step 2

- **Replenish Nutrients that Support Immune Function:** Vitamin C, zinc, vitamin D (mycelized)
- **Balance Fatty Acids:** Optimize omega-3
- **Increase Antioxidant Levels:**
Glutathione,
Superoxide dismutase,
Catalase,
Vitamins A, C, E



Things That Slow or Damage Immune System

- Sugar
- Trans and heated fats
- MSG
- Pesticides
- Preservatives
- Infections
- Allergens
- Artificial flavorings and colorings
- Processed grains
- Acid forming foods
- Inflammatory foods
- Cortisol
- Low thyroid function



Nutrients to Protect Immune System

- Zinc
- Selenium
- Vitamin C
- Vitamin A
- Manganese
- Copper
- Sulfur-containing amino acids



Foods That Enhance Immune Function

- Organic, whole, fresh, unprocessed, nutrient dense
- Fruits
- Vegetables
- Greens from land and sea
- Algae
- Mushrooms
- Garlic
- Bell peppers
- Ginger
- Turmeric
- Omega-3 rich seeds



Top Immune Supporting Herbs

- **Echinacea:** Reduces inflammation, destroys free radicals, increases active white blood cells, stimulates production of interferon
- **Ginseng:** Ginsenosides are anti-inflammatory, anti-diabetic, and anti-cancer
- **Ginkgo:** Bilobalides and ginkgolides protect against free radicals
- **Ganoderma:** Reishi mushroom
- **Chaga mushroom:** Antioxidant, immune stabilizer
- **Astragalus:** Stimulates the immune system
- **Cat's claw:** Oxindole enhances capacity to engulf and destroy pathogens



Top Immune Boosting Herbs

- **Elderberry:** Boosts antibody production
- **Andrographis:** Sometimes called “Indian Echinacea” – stimulates immune function and halts viral growth
- **Wild indigo:** Baptista root – stimulates immune
- **Myrrh:** Antimicrobial, immune stimulant
- **Boneset:** Leaves and flowers
- **Spilanthes:** Boosts production of leukocytes and antiviral interferon
- **Usnea:** Respiratory infections
- **Licorice:** Boosts interferon
- **Maitake:** Fruiting body – stimulates T-cells, NK cells and macrophages
- **Gynostemma:** Increases the number and activity level of white blood cells



Herbs: Forms to Use

- Tea
- Tincture
- Capsules
- Powder
- Extracts
- Elixirs
- Steams
- Topical



Herbal Actions on Immune System

Immunostimulators

- Garlic
- Wild indigo – baptista root
- Myrrh
- Echinacea
- Boneset, leaves and flowers
- Elderberry, flowers and fruit
- Spilanthes
- Usnea



Immunomodulators

- Astragalus, root
- Siberian, panax, American ginseng, root
- Cordyceps, reishi, shiitake mushrooms
- Ligustrum lucidum, fruit
- Holy basil, herb
- Rhodiola rosea, root
- Schisandra berries
- Ashwagandha, root

Immune System Essential Oils

- Oregano
- Thyme
- Basil
- Lemon
- Bitter orange
- Cinnamon
- Frankincense
- Peppermint
- Eucalyptus



Essential Oils for Colds and Flu

- Oregano
- Lemon
- Cinnamon
- Frankincense
- Peppermint
- Eucalyptus



Oregano

- For treating everything from **cold and flu to warts**, oregano is considered a **“hot” oil** and should be used cautiously.
- **Dilute** to apply to face or throat. If it gets on face, dilute with butter or oil, NOT water!
- Oregano is **best applied** on the back, shoulders, and the bottoms of the feet.
- Put a few drops in water gargled or dilute in neutral oil like olive oil and drink.
- Make soup.



Tips For Conquering a Cold

- Begin to supplement at very first sign:
 - ✓ Minor tickle in throat
 - ✓ Sniffles
 - ✓ Weepy eyes
 - ✓ Lower than usual energy
- Supplement VERY often – once an hour is not too frequently
- Drink plenty of pure water
- Avoid sweets of any kind including fruit
- Avoid hard to digest foods



Sample Regime for Cold or Flu

- **Vitamin C, buffered:** Start with 1-2 grams per hour; slow down at bowel tolerance
- **Zinc lozenges:** 1 every half hour to hour early on, reduce to 4 times a day (or gargle with liquid zinc)
- **Herbal throat spray:** Echinacea with extras – *Herb Pharm, Gaia, Wise Woman Herbals*
- **Oregano oil:** 1-2 drops per 16-32 ounces water, to tolerance
- **On Guard:** doTerra essential oil blend
www.DrRitamarie.com/go/doterra
- **Colloidal silver:** Spray or liquid, per instructions – *Trace Minerals Research*



Sample Food Plan for Cold or Flu

- **Green Smoothie:** No fruit. Choose a savory recipe with garlic, ginger, oregano, thyme, and turmeric.
- **Omega-3-Rich Seeds:** Avoid nuts. Drink a chia seed beverage or hemp seed milk.
- **Vegetable Soup:** Steam a batch of vegetables with emphasis on green leafies and brassicas. Blend with steam water and add fresh garlic, ginger, oregano, and thyme. Add avocado for optional creaminess. Stir in flax oil and kelp powder, salt to taste, and enjoy.
- **Green Juice:** Use greens, plus garlic and herbs.
- **Oregano Oil:** Add wherever you can.



Immune Enhancing Diet and Lifestyle

- Whole foods, antioxidant-rich diet that's high in greens, fruits, and vegetables
- Fat balance: omega-3's daily (flax, hemp, chia and pumpkin seeds, purslane, algae) and avoid heated and processed fats
- Reduce or eliminate arachidonic acid rich foods: meat, dairy, eggs, and processed foods
- Avoid gluten, dairy, and all food allergens
- Avoidance of environmental toxins
- Sugar balance: don't eat it
- Be careful of medications
- Manage stress
- Exercise
- Sleep



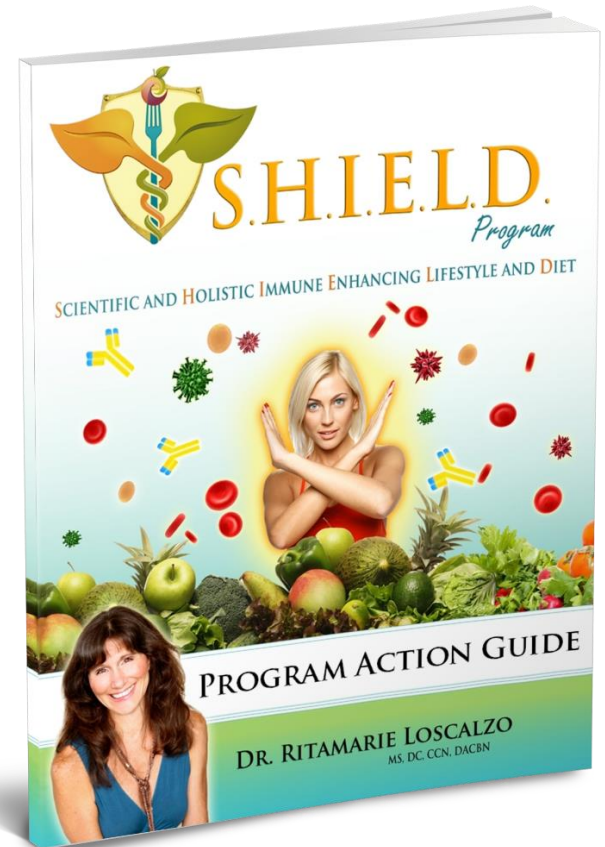
Prescription for a Healthy Immune System

- **Customize diet**, supplements, and herbs to the individual based on genetics and environment.
- Only use **fuel designed for YOUR machine**.
- **Tune up** regularly.
- Get an **oil change**.
- Give it **plenty of rest**.
- **Move** it a lot.
- **Have fun** with it.



Immune System Action Plan

- Follow your ***SHIELD Program Action Guide***
- Review the membership site for the step-by-step action plan details



SHIELD: Coming Up Next



Part 4: Strategies for Calming the Fires of Inflammation and Autoimmune Disease

Part 5: Managing Allergies