

Naturally Boost Your Immune System

Health Freedom Summit | February 2022



THE POWER OF MICRONUTRIENTS

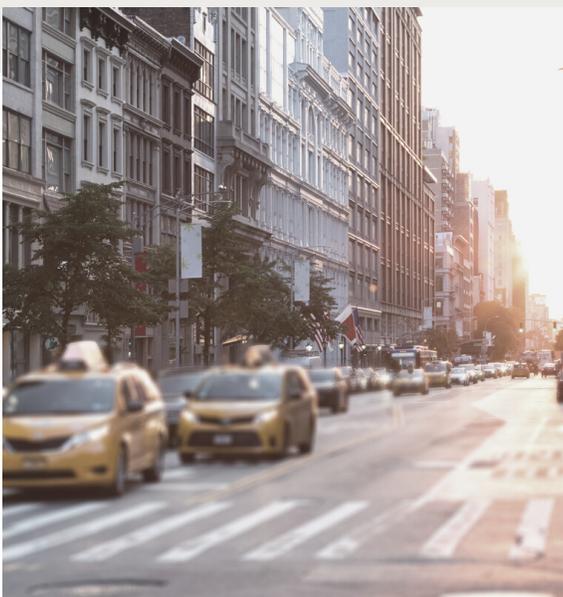
Key Immune-Boosting Foods to Strengthen your immune System in an Age of Bioterrorism

REDUCE YOUR TOXIC LOAD

Align with your Design to Feel your Best

BOOST YOUR IMMUNE SYSTEM NATURALLY

Your immune functionality is constantly adjusting to the many demands made of it: it serves, heals, and protects you through stress and sloth, inundation of toxins and pollution, and carries on despite chronic inflammation and nutrient deficiencies. An impaired immunity may communicate in the language of a headache or rash, an infection you can't shake, or a symptom set that has an official diagnosis. Thankfully, the immune system is beautifully responsive to detoxification and nutrition. Our gut microbiome and wellbeing are also intimately connected with one another and our environment. Every day, more people increase their energy and vitality as they realign their health habits with their original design. This guide has lifestyle, detox, and food recommendations we've experienced as being profoundly restorative to the body and strengthening the immune system.



Let's start with a question: regardless of your health status right now, how could your life be better if you had exponentially more energy, clarity, vitality, and positivity? With health-- very few people even approach the upper limits of how amazing it can feel to be fully alive. The basis of a vital immune system, which this guide is all about, is how to stop your toxic load from overwhelming your health systems. While germ theory implies that a single pathogenic bacteria or virus can penetrate human 'barrier' systems and cause a symptom set, this theory is oversimplified. It's also oversimplified to claim the basis of all illnesses is human toxicity and inflammation, but that's a more accurate understanding than germ theory.

As we saw with the 2020 pandemic, whole regions like my neighborhood in New York City did not follow national mortality trends that were age-stratified. Almost everyone heard harrowing tales of a neighbor who got covid, quarantined, and was found dead who knows how many days later. New Yorkers already had exponentially high cases of asthma, black mold exposure from our apartments, low vitamin D levels, and adrenal fatigue. Their environmental microbiome was compromised, and their wellbeing was overcome by COVID.

Dr. Zach Bush educates on the health systems of regions and has popularized the concept of the microbiome. He believes whole geographic regions “can correct their course. We can try to decrease the toxicity of our lives. We can embrace the world and the life all around us and celebrate the incredible biodiversity we live and breathe each day. We can begin to appreciate the microbiome’s extraordinary capacity for genetic diversification,” Here are simple, (mostly) free, and top-performing keys to increasing the vitality of your immune system.



IMMUNE BOOSTING

“Immune boosting” is a trending topic during the COVID-19 pandemic as people seek practical ways to invest in their health. Let’s start with things to get rid of because most people find that to be easier. I will lead with my best and simplest advice: if something comes in a package, don’t make a habit of putting it in your mouth. Full stop.

With this one switch, I’ve dropped 40 pounds, conquered exhaustion, acne, and brain fog. I used to think if something wasn’t overly sugary or full of carbs it was okay to put in my body. Now I look at synthetic creamer or frozen meatballs and can’t believe I used to think of these items as meat and dairy. If you want to stay alive, eat things with life in them.

If you haven’t made the transition to simple whole fresh foods just focus all your attention on that one goal. And if you’re mindful of prepping, you’ll probably get into canning next, and that will be a whole adventure for you.

P.S.: I have two words for you: spaghetti squash. You’re welcome.



COVID-19 DEATHS AS RELATED TO UNSATURATED FAT INTAKE

Covid research (and common sense) supports the above suggestion. In the journal Gastroenterology, researchers connect life-threatening organ failure to high unsaturated fat intake. With over 94% of Covid-19 deaths due to diet-related comorbidities, controlling diet is just a common-sense strategy to lower risks with this infection. Polyunsaturated fats are highly susceptible to oxidation and can be into advanced lipids that are metabolically poisonous.

IMPROVING BOWEL EVACUATION

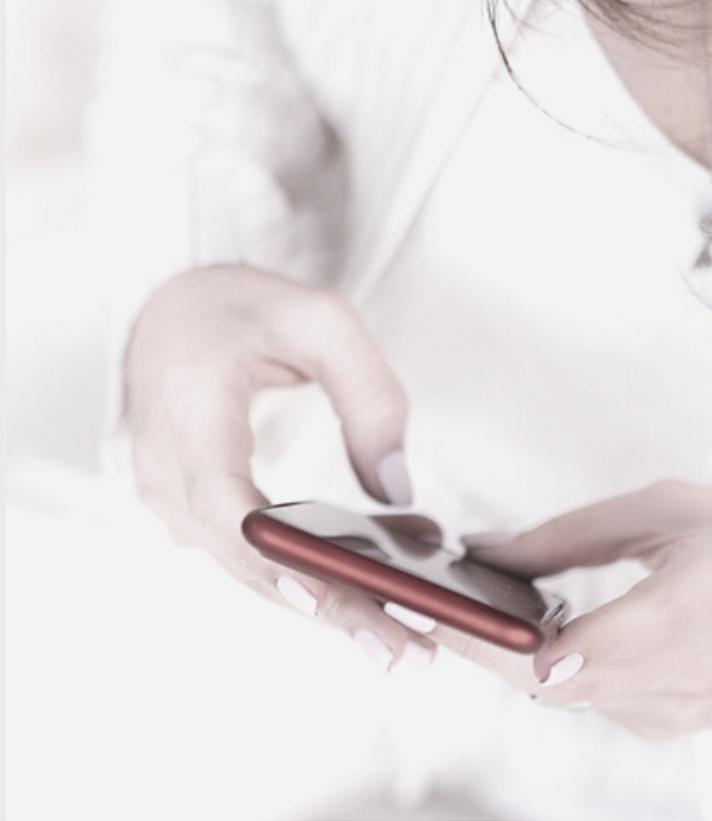
Speaking of elimination, improving bowel evacuation can include simple changes that make a huge difference in your health. Getting a 'potty stool' will leave you wondering how you ever lived without one; these footstools lift the knees into a squat position that relaxes the puborectalis muscle whose job is to prevent incontinence.

Transitioning your void schedule to nighttime instead of the morning will leave your system cleaner for a significant number of hours.



REDUCING ELECTROMAGNETIC FIELD (EMF) EXPOSURE

Lastly, eliminating or reducing Electromagnetic Field (EMF) Exposure is something many people are just realizing the importance of.

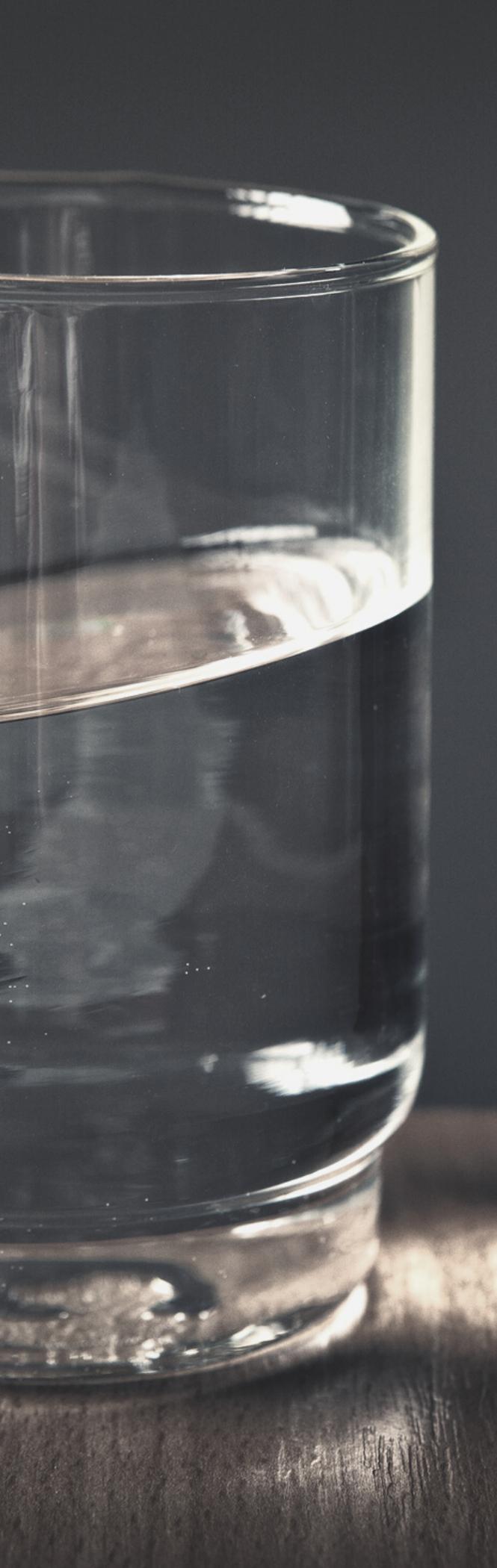


ELECTRONIC DEVICES AS POLLUTANTS THAT AFFECT HEALTH

It takes a mindset shift to think of our electronic devices as pollutants that affect health. Reduce Wi-Fi, connectivity, Bluetooth-connected devices (especially in children's rooms like wireless baby monitors), and all 'smart' appliances.

Look into microwave replacements which are now very advanced! Steam convection ovens are my favorite swap for safe and fast food heating. Stop carrying your cell phone close to your body; don't sleep surrounded by emitting devices.





THE IMPORTANCE OF PURE WATER

If I had a mantra, it would probably be to stay humble and stay hydrated. I think most people don't feel well most of the time simply because they are dehydrated and misinterpret that feeling as being tired or hungry.

Water is required for nearly all biochemical functions and supports healthy excretion, nutrient processing, hormonal regulation, and the health of all body systems. Dehydration can cause a decline in cognitive function and even mood. It's imperative to hydrate any small children in your care mindfully. Simple copper cups on a reachable level next to a Berkey is a good setup for most families.

Drink as much filtered water and herbal teas as you can. Drink a glass of water first thing in the morning and then at least fifteen minutes before each meal instead of with a meal. Detox teas such as dandelion and milk thistle are excellent detox aids and good practices to integrate into your hydration protocol. Professor Christopher Exley recommends drinking Fiji water every day for detoxification.

FILTERING WATER

Filtering water is vital for bathing. Industrial wastes, parasites, and chemicals can bypass your body's filtration system and absorb through your porous skin directly into your bloodstream.

Many of you are only filtering your drinking water, and particularly for families with little children that enjoy daily baths, this is the next reasonable step for many.



ENERGY CONSERVATION AT ILLNESS ONSET

Sleep plays a crucial role in improving immunity. Good sleep enables fast recovery from infections. I used to trudge as many days as possible into an illness before collapsing. Now I've realized that if I go to bed as soon as I feel I might be sick, my body easily restores balance. I have fewer illnesses that linger for days or weeks. This one strategy has drastically changed my health, and it's a better way to live!

Now, as soon as I think I might be feeling ill, I cancel everything, get childcare/household help, and get right to sleep. I aim for 18 hours or as many as I can handle. I am usually not sick by the time I get out of bed.

RESTORATIVE SLEEP AS THE BASIS OF COGNITIVE FUNCTION

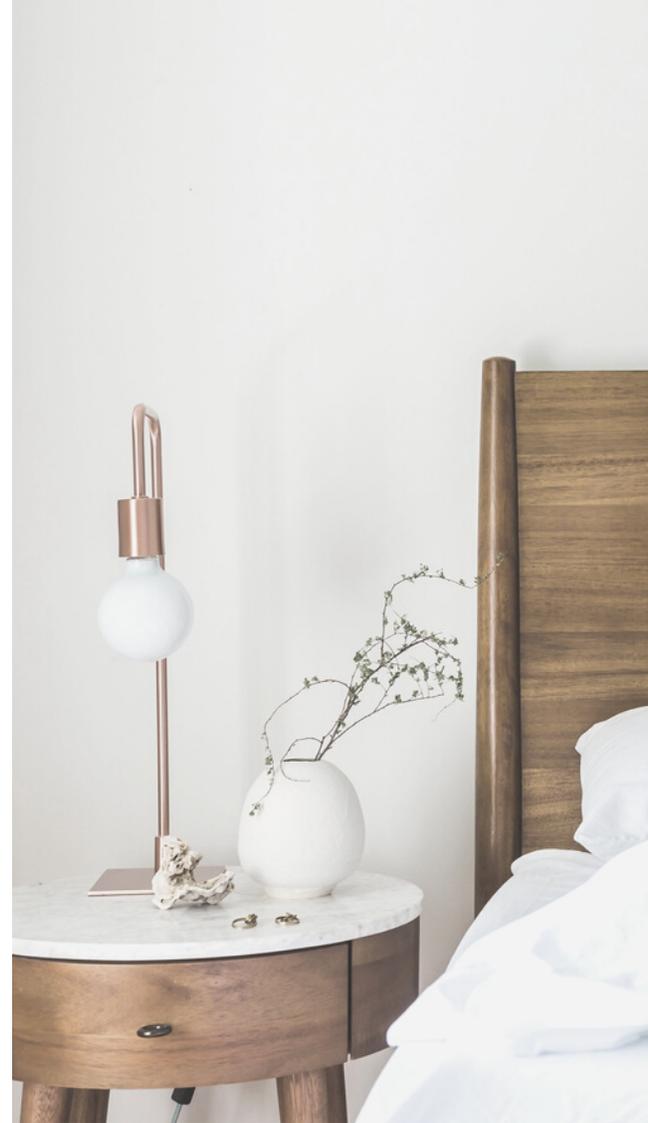
Beyond using sleep as an immune system support strategy, a lifestyle that values restorative sleep is key to vitality. Like alcohol intoxication, sleep deprivation reduces people's ability to function without them realizing how significantly impaired they actually are. Most cognitive functions are debilitated; the mood is negatively affected, and a person's ability to manage stress will suffer. Prolonged lack of sleep can even induce neurodegenerative conditions. You can read the 'tips for good sleep hygiene' anywhere, the basics of which include:

- Establish a relaxing routine that ends at a consistent bedtime.
- Keep temperatures in your bedroom 70° or below
- Avoid eating foods that spike your blood sugar three hours before bed
- Sleep in complete darkness-- this is key, so I'm going to take the time to explain the mechanisms.

HOW SLEEPING IN DARKNESS WITH NO ARTIFICIAL LIGHT IMPROVES HEALTH

Electronic devices and artificial lighting disrupt melatonin production. When the hypothalamus doesn't receive sufficient melatonin into its receptors, its ability to regulate the hormonal system weakens. The pineal gland receives information about the light to dark cycle (the daily circadian rhythm); exposure to nighttime light suppresses the pineal gland's melatonin secretion.

Melatonin affects more than just sleep; it affects many body functions because of how it interacts with the hypothalamus gland.



The hypothalamus gland is a key regulator between the endocrine and nervous systems and helps maintain the body's internal balance (homeostasis). The hypothalamus produces releasing and inhibiting hormones that stimulate or suppress processes including:

- Sleep cycles
- Fluid and electrolyte balance
- Body temperature
- Heart rate
- Blood pressure
- Weight set points and appetite
- Glandular secretions of the digestive tract



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Intentionally adjusting the lighting of your sleep environment is important and is a tool women use to regulate menstruation disruption. (See this resource on [Lunaception](#).)

The hypothalamus also stimulates the anterior pituitary gland, which in turn stimulates the thyroid gland, the adrenals, and the ovaries. In this way, darkness-induced melatonin production affects the whole body's functioning, including the menstrual cycle. The hypothalamus gland has many melatonin receptors. If the hypothalamus does not receive sufficient melatonin, its ability to regulate the hormonal system weakens.

For these reasons, you can see a dark (electronic-free) sleeping environment is key to health. Darkness significant enough to induce a shift in the body is darkness where you are not able to see your hand in front of your face. You will likely need to adjust your curtains or buy blackout curtains.

ELIMINATING CHRONIC INFLAMMATION



HEARTBURN & INDIGESTION

Our modern world is toxic; from the womb, we are inundated by over 80,000 chemicals culminating in a toxic overload from heavy metals, pesticides, herbicides, and more. Toxins are in the food we eat, the water we drink, and the air we breathe.



Actual measurements called ‘body burden surveys’ of contaminants in people show that average Americans have hundreds of manmade chemicals in their tissues (including amniotic fluid and umbilical cord blood) at levels high enough to be of concern. “As the health of our microbiome declines and chronic inflammation grows inside our bodies, the cells of the innate immune system providing the structural barrier to the outside world degenerate. The tight junctions between cells fail, and our gut becomes leaky, allowing vital nutrients to be lost and unwanted toxins to accumulate. Our blood-brain barrier also falls apart, allowing environmental toxins such as heavy metals to deposit in our brains. When the innate immune system is overactive, there is an increase in inflammation and allergic reactions. People become overcome by chronic illness and thereby become susceptible to long-term complications of infections. What could be a simple viral infection turns into ... an exaggerated immune response and irreversible tissue damage.” -Dr. Zach Bush

DETOXIFICATION PROTOCOLS

Detoxification protocols will be most successful when you eat plenty of greens within an anti-inflammatory diet, lower stress levels, and increase hydration to support the body’s detoxification pathways. Infrared saunas, exercise in the sun that makes you sweat, a body brush to detox the lymph system, coffee enemas, and detox teas are all positive natural solutions to strengthen your immune system by reducing toxic load and inflammation. Inflammation is a tool the body uses, but if this process gets out of hand, chronic inflammation is at the root of virtually all diseases. Diet is key to inflammation levels, and the key principles to consider include:

- Limit or eliminate vegetable oils.
- Eat more vegetables.
- Add in fermented foods.
- Boost your omega-3 fat intake.

NUTRIGENOMICS: FOOD AS INFORMATION

Dr. Kelly Brogan describes food as information; not just fuel. She describes food as 'talking to your cells', neurons included, and that results in how DNA functions. This concept is called nutrigenomics. An oversimplified way to think of it is that key nutrients tag regions of the gene and can silence certain genes. This regulation of gene expression is essential for tissue repair and new tissue generation. The nutrients involved in this process include folate, vitamin B to vitamin B6, vitamin B12, and methane methylation, which is especially important for keeping the genetic code intact as cells multiply. The keys to health you will read in this guide will not only strengthen your immune system they will also restore reduced quality of genetic expression.

THE HUMAN BODY AND WHOLE FOODS

The 'normal' we have become accustomed to with food is a standard we now must raise. Our bodies are designed to interact with whole foods, not the chemically processed foods we know are causing chronic diseases, metabolic destruction, neurodegenerative diseases, cancers, and infertility. We need to be eating whole, unprocessed, well-sourced foods. It's important to remove processed foods from your diet as quickly and thoroughly as possible. This means loosely anything in a package. This specifically means anything with a long ingredient list and hydrogenated vegetable oils like canola oil, preservatives, dyes or sugars, or anything with Genetically Modified Organisms (GMO)-- I will often say out loud about things: that's "not food"



SUPPORTING THE JOURNEY TO WHOLE FOODS WITH CHOLINE-RICH FOODS

This is a journey for most people and not an overnight shift. Food is so connected to our emotional wellbeing, and many people are addicted to sugar and food additives in processed foods. If you do consume unhealthy processed foods, sugars, or seed oils, your liver and detox systems can be supported with choline-rich foods.

These include:

- Organic pastured chicken,
- Broccoli
- Pastured egg yolks
- Cauliflower
- Asparagus
- Shiitake mushrooms
- Grass-fed beef liver
- Wild-caught Alaskan salmon



AS A STANDARD: eat whole foods. Support your immune system through consuming nutrient-dense whole foods rather than disease-promoting toxic packaged products. This includes fresh fruits and vegetables, pastured meats, wild fish, eggs, nuts and seeds, and traditional natural fats from animals, oils, coconut, sea salt, and raw dairy. Supplements cannot replicate getting the nutrients in power foods, but often people need extra nutrients from supplements.



THE GUT MICROBIOME AS A FOUNDATION OF HEALTH

Your gut is the foundation of your health, both in your body and mind. It dictates the health of your immune system, how well you absorb nutrients, and significantly affects your mood. Up to 80% of the immune system functioning is dependent on the gut.

The gut microbiome is made of parasites, bacteria, viruses, and fungi that secrete toxins that target harmful bacteria. The intestinal lining of your gut is delicate and can become vulnerable or ineffective in its tasks if compromised. Therefore, nourishing your gut and correcting any gut bacteria imbalances can help strengthen and direct your immune system. Diverse, healthy microbes enable us to make vitamin B12, digest vegetables and convert them to energy, make neurotransmitters and fatty acids, and regulate our appetite. Some microbes tame inflammation. When the gut is unhealthy, people experience a diverse constellation of negative symptoms. The gut microbiome secretes many essential proteins with a multitude of immune functions. Some proteins can be directly toxic to invading cells, while others signal the need for additional resources and other immune system constituents.



CULTURES WITH FERMENTATION PRACTICES THRIVE

One of the best things you can do for your health is to eat fermented vegetables. Alana has a theory that only the ancient cultures with fermentation practices have survived! Fermented vegetables significantly improve and expand your gut flora, increasing your “good bacteria.” Just like the only thing that can stop a bad guy with a gun is a good guy with a gun, you need these good bacteria to fight off harmful germs and viruses.

Traditional cultures used fermentation as a pre-refrigeration preservation technique. The lactic acid-producing microbes that act on the vegetables are diverse and contribute significantly to replenishing the beneficial bacteria in our guts. Food-based probiotics are a smart way to support the immune system, metabolism, and inflammatory response. Hawthorne Valley, Bubbies, and Wildbrine are good brands to purchase until you are ready to make your own (highly recommended, easy, and fun!) Avoid products for sale that are shelf-stable (non-refrigerated) or pasteurized.

FERMENTED FOODS FOR A HEALTHIER, HAPPIER GUT

The fermentation process makes food more nutritionally rich by making vitamins and minerals more bioavailable. Eating fermented foods is a great way to introduce more microbes into our bodies. Prebiotic-rich foods include artichokes, garlic, onions, leek, asparagus, beetroot, cabbage, beans, legumes, leafy greens, custard apples, nectarines, white peaches, dried fruit, cashews, and pistachios. Kefir (the ones with live microorganisms) is a great source of probiotics. Foods such as kimchi, sauerkraut, tempeh, miso, and yogurt are good sources of probiotics. The more diverse your microbiome is, the more you have of the different beneficial bacteria, and the less you have of the harmful ones, the healthier your gut is going to be, and the more robust your immune system will be.

Tips for a Healthier, Happier Gut

- Eat a healthy, balanced diet with plenty of organic greens
- Include anti-inflammatory superfoods
- Avoid processed foods, and cut back on refined grains
- Eat fermented foods and nourish your gut with probiotics
- Limit your sugar intake as much as possible
- Manage your stress levels, and get outdoors each day



MICRONUTRIENT DEPLETIONS AN IMPORTANT STARTING POINT

The gut facilitates healthy immune responses and is also essential for nutrient absorption. I train Fertility Health Coaches who help couples lay a foundation for profound health and fertility foundation, and we often start by looking for micronutrient depletions. Adequate levels of micronutrients such as vitamins and minerals are essential. Taking a micronutrient test gives vital information about which nutrients are low. Deficiency of micronutrients has been attributed to low stomach acid levels, leaky gut syndrome, poor diet, blood sugar imbalances, and chronic stress. We then look at the specific micronutrients that are low and also investigate why various nutrients may not be being absorbed. We emphasize diet, run food sensitivity tests, and may request a gluten-free diet to observe the body's response.

OPTIMIZE YOUR CONSUMPTION OF KEY IMMUNE-BOOSTING NUTRIENTS

Many nutrients are known for their immune-boosting properties. Top immune-boosting nutrients include;

- Glucosamine
- Selenium
- Zinc
- N-acetylcysteine (NAC)
- Elderberry extract
- Spirulina
- Beta-glucan

Many of these antioxidants slow viral replication, shorten influenza duration and reduce the risk of severe bronchitis by inhibiting inflammation and supporting the effective function and multiplication of various immune cells.



QUERCETIN

Plants naturally produce and use flavonoids (quercetin) which is a compound with anti-inflammatory and antioxidant properties. Apples, berries, onions, broccoli, and black tea are familiar sources of quercetin which help with seasonal allergies, regular histamine release, bronchial tract and lung health, healthy cellular aging, free radical protection, metabolic health, and more.

SALT

I love salt. Himalayan sea salt contains more than 80 ionized minerals that were encrusted into the earth thousands of years ago. Consumption of this salt supports electrolyte balance, hydration, pH, and detoxification and may contribute to bone health, cardiovascular wellbeing, and even hair and skin radiance. Salt is naturally antibacterial and antifungal. There are beautiful medicinal salts from all over the world to discover. Hawaiian Black Lava Sea Salt is blended with activated charcoal before it is dried to form large crystals. We enjoy it regularly! Fleur de Sel French Sea Salt is hand-harvested from a tidal island off the coast of France; it's a natural source of calcium, potassium, magnesium, zinc, copper, and iodine. I use it as a 'finishing salt' in my morning coffee alternative and love it. Epsom Salts (magnesium sulfate) detox baths have incredible benefits. Salt baths regulate enzymes in the body, reduce inflammation, support muscle and nerve function, and improve absorption of nutrients. Hot baths also induce sweat, another way the body naturally removes toxins. I use as much salt as I intuitively desire in my regular baths and have 25 pounds of Epsom salt on auto-ship.



ANTIOXIDANT-RICH FOODS

Free radicals can lead to diabetes, cancer, and oxidative stress, and must be offset with adequate supplies of antioxidants. Antioxidants are naturally produced by the body and can also come from foods rich in vitamin C, vitamin E, beta-carotene, selenium, and manganese. "Red, yellow, and orange vegetables are rich in the antioxidant nutrients lycopene, beta-carotene, and vitamin C, which support your immune system function. Citrus fruits, berries, and kiwi are rich in protective antioxidants like vitamin C and help people be less susceptible to illness. Purple vegetables, such as purple cauliflower, purple carrots, red onion, eggplant, and purple cabbage, are also loaded with antioxidants called anthocyanins, which give them their coloring and heal your cells from damage."



DARK LEAFY GREENS

Dark leafy vegetables provide key antioxidants such as lutein and zeaxanthin. Folate produces antibodies and encourages immune cell growth and repair. Green vegetables such as kale, collard greens, mustard greens, broccoli, bok-choy, and brussels sprouts balance estrogen levels and help prevent estrogen-related cancers. Remember to always buy organic.

GREEN TEA

Green tea is rich in antioxidants and supports the immune system with compounds like catechins, the antioxidant quercetin, and the amino acid L-theanine. Just like garlic, green tea also exhibits antimicrobial properties that inhibit the growth and multiplication of viruses and bacteria. The catechins penetrate and alter bacteria and viruses' functioning and make them less resistant to antibiotics.



PENICILLIN

” Research on the significance of garlic in flu management found that 63% of those who used garlic in their daily diet had a lower chance of acquiring the flu, and their colds were 70% shorter. Garlic stops the growth of tumor cells, slows the spread of malignant tumors, and has chemopreventive effects. For an easy and beautiful presentation of garlic, I love cutting the tops off of whole garlic cloves and oven-roasting them in-shell before setting them out on mini plates for dinner or on a charcuterie board. Even my small children dig into the ‘garlic flower’ for the nutty roasted pieces and eat them whole.

GARLIC

Garlic is a top antimicrobial plant that counters many microorganisms that can make you sick while stimulating the production of white blood cells. In many parts of the world, they call it ‘Russian

VITAMIN D

The sunshine vitamin is finally getting the press it deserves for its capacity for fighting infections and boosting the immune system. It reduces the risk of both bacterial and viral infectious diseases by shifting the cytokine balance away from proinflammatory cytokines. Calcitriol is an active form of vitamin D, and it is recommended for Covid-19.

FINALLY FIGURE OUT LIVER

Liver is a 'lost superfood' that was prized by historical cultures for its unique sources of fat-soluble vitamins such as preformed A, D, K, and E, minerals, usable iron, antioxidants, and B vitamins. Ideally, grass-fed liver should be consumed twice a week; for an easy win, desiccated liver powder can be incorporated into soups, stews, or even smoothies with minimal flavor alteration.

ENJOY TURMERIC REGULARLY

Turmeric has been studied for immune modulation, anti-inflammatory, liver detox, and even antidepressant qualities and has been demonstrated to have comparable efficacy to over a dozen different drugs. Turmeric is best absorbed in the body when paired with oil and pepper, so add to it savory foods or make it into a Golden Tea.



INCREASE MAGNESIUM INTAKE

Low amounts of magnesium will affect Vitamin D absorption in the body; deficiencies can also lead to cellular metabolic dysfunction and deterioration in mitochondrial functions.



FOODS RICH IN MAGNESIUM INCLUDE:

- Romaine Lettuce
- Swiss cheese
- Spinach
- Turnips
- Broccoli

If you choose to use a supplement, use magnesium threonate as it's the most efficient at penetrating cell membranes, including the brain barrier.

BOOST COLLAGEN

Collagen is a structural protein component that acts as structural scaffolding for tissue integrity. A lack of proper collagen leads to early signs of aging, stiff joints, brittle nails, weak hair roots, and skin sagging. Current scientific thought does not believe the body can produce its own collagen and that all collagen must be obtained through food. In modern western diets, more emphasis is put on the consumption of meat muscles rather than on the consumption of other parts which are wonderful nutrients and energy sources. The glycine content of gelatine is key for managing insomnia, anxiety, and inflammation. Traditional diets have historically focused on other parts of the animal and consumption of collagen-rich broths; I drink unhydrolyzed (undenatured) collagen with a balanced amino acid profile in my coffee alternative each morning.



BROCCOLI SPROUTS FOR HOMEGROWN SULFORAPHANE

Sulforaphane is a natural plant compound found in many cruciferous vegetables like broccoli sprouts, broccoli, cabbage, cauliflower, and kale. The health benefits of sulforaphane on the nervous system are astounding. Studies show that sulforaphane protects against tissue and nerve damage and, at the same time, plays a major role in neural regeneration. Sulforaphane stimulates neural stem cell growth and their differentiation into neurons. I highly recommend incorporating this into your diet by growing countertop broccoli sprouts and using them continuously on salads, blended into smoothies, or eaten on top of sandwiches. mRNA spike proteins can cause nerve damage, and sulforaphane is one of the most predominant natural molecules used to repair brain or nerve damage in victims with adverse vaccine reactions. Besides nerve repair, sulforaphane has other benefits, such as relieving pain, reducing stress and depression, and acting as an anti-inflammatory. Other molecules known for their neurotogenic properties include green coffee beans, mushrooms, and curcumin.

FATS FOR ENERGY AND RECOVERY

Coconut oil and ghee are saturated fats studied for cognition, lipid balance, immune support, and metabolism. Coconut Oil is a primary source of traditional fat throughout the tropics, beloved for the unique source of medium-chain triglycerides. These fats don't require pancreatic enzymes for digestion and are immediately available for energy. Studies have proved their benefits in cognition, lipid balance, immune support, and metabolism.

Ghee is a powerful source of unique fats such as butyrate and CLA and fat-soluble vitamins A, D, and K. It is made from grass-fed butter that has been clarified of lactose and casein. This fat produces energy, supports gut cell integrity, and has remote anti-inflammatory effects on the brain.

CONCLUSION

Every good choice you make with your food is an investment in future health. A diet high in fiber from vegetables, fruits, and unrefined grains and low in processed, chemically-adulterated foods will support your immune system's aim of health and balance.

NEXT STEPS: JOIN US FOR THE HEALTH FREEDOM SUMMIT

Top doctors and scientists share on natural immunity, health, and more. Sign up for your free viewing pass by clicking the image below.

