

Strengthening The Immune System

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This is not meant to be taken as medical advice. It simply is what I and people I know have done. It is what has worked for us. What works for you may be totally different. So please consult a licensed holistic medical doctor before and during the implementation of any of the information provided here.

There are a lot of things you can do to help boost your body's immune system. But basically you want to start doing the things that will make you healthy, and stop doing the things that are weakening you. For some people, along this process, they may find themselves feeling sicker or more tired than before. This unpleasantness usually is normal, and will pass. The following are some steps you can take help increase the body's disease fighting abilities...

Rest & Relaxation

First, set up the ideal sleeping environment that supports a solid healing night of rest... darken the room, turn off or unplug all electronic devices, wear an eye mask and/or ear plugs, use a fan, air purifier, or other white noise device, etc. At the end of each day, make sure you have burned off any excess energy by doing aerobic exercise, yoga, or meditation. And if you need more help calming your nerves at this time, you may want to try a natural supplement, homeopathic remedy, aromatherapy bath or shower... or try dissolving a few crystals of Himalayan sea salt under your tongue, drinking some warm milk, or taking a couple spoonful's of cottage cheese.

Its easy to say "stress less", but what this really means is to learn how to remain genuinely relaxed under pressure and throughout a busy day - to truly feel & know how it feels to live life from the parasympathetic state, rather than the sympathetic one (this is called "autonomic balance"). This takes time & practice, and may require you to use breathing or meditation techniques. But simply learning to just "sigh and let it go" can go a long way.

These two suggestions will regenerate the cells, tissues, organ systems & replenish the adrenals more effectively than any other approach. However, this requires that the hypothalamus/pituitary/pineal access (the healing center of the body, located in the brain) is functioning sufficiently. If there is a history of severe head trauma, or if the jaw or bite is not aligned properly, this system may not be functioning adequately, and will require more advanced medical treatments to correct before healthy rest & relaxation can be achieved.

Breathwork

Using your breath as a tool is the most effective technique you can practice to boost your immune system. There are Yogic techniques from India, Chi Gong techniques from China, and in the West we have the teachings of Wim Hof & Stan Grof. But here are a couple easy ways to get started...

First, learn how to "sigh" on demand. Your body already does this naturally and subconsciously to help relax & control stress, but you may also use it as a tool to help deal with pain, tension, or negative emotions that may arise anytime in your daily life. Just take a normal breath in, and upon exhale, just let the air go, taking the tension with it by letting out a little "core" sound, such as "ahhh", "haaa", or "hmmm". This is not a deep or controlled breath. Just simply breathe in and then simply let it all go.

Secondly, inhale deeply, to the point that you fill your lungs to the fullest capacity possible. Hold your breath, and then try to take even more air in. Hold it for as long as you can, and then release it by simply letting the air fall out of your mouth, without tension or force. As you practice this technique, your lungs will strengthen & heal, and the capacity will increase. The next step is to add visualization & feeling to the process. As you inhale, now see & sense a healing energy entering you and traveling throughout your body to any place that is in need of healing circulation. Hold this air energy in as long as you can as it replenishes & regenerates the area. And when you let out your breath, mentally & physically release any resulting waste products along with it. An alternative approach to this technique is more controlled... Try to inhale for ten seconds, and then exhale for ten seconds. After you get good at this, try twenty seconds, then thirty, and so on until you are able to inhale for a full minute, and then exhale for a full minute. This is a great way to build lung capacity, and the ability to hold your breath for extended periods of time. Also, to try to avoid using heaters, air conditioning, alcohol, and cigarettes... all of which tend to weaken the lungs.

Cleansing & Exercise

The way the body gets rid of its waste products, hormone residues, and excess heat is by excreting them out of the urinary bladder, colon, lungs, and skin... with crucial help from the kidneys, liver, gall bladder, and lymphatics. These portals of detoxification must be patent to achieve radiant health. If the colon, bile ducts, or gall bladder are restricted... if the cells of the liver or kidneys are working too hard and not able to regenerate as fast as they are breaking down... if the lung capacity is lacking due to disease or chronic muscular tension... if the skin needs a deep cleaning... then the immune system is suppressed!

There are specific internal “cleanses” that utilize herbs & superfoods to help open these pathways of elimination, including colonics (colon hydrotherapy), water or coffee enemas, liver/gall bladder/bile duct flushes, kidney/urinary bladder cleanses, heavy metal cleanses, parasite cleanses, water or juice fasts, and other chemical, tissue, and blood purification & detoxification protocols. However, the term “cleansing” is a misnomer. What these approaches are actually doing is giving these organs the proper rest & nutrition needed so that they can properly regenerate themselves, which helps them to more efficiently do their normal job of ridding the body of impurities.

An important concept to understand, here, is lymphatic circulation. The lymphatic vessels are like the body’s gutter system, carrying waste products out of the tissue and into the blood stream where they can later be excreted out of the body. If the lymphatics are congested, meaning that these waste products are not exiting the system efficiently, this puts a burden on the immune system, and can lead to all kinds of different health issues. So in order to boost the immune system, it is essential to ensure that the lymphatics are circulating properly. The primary way of doing that is through exercise. These vessels do not have a pumping mechanism of their own. They are pumped when the muscles contract. However there are other helpful techniques, such as contrast baths, Banya therapy, Manual Lymph Drainage massage, as well as specific herbal concoctions that can be ingested. But simply jumping on a trampoline rebounder for ten minutes per day can have profound effects upon lymphatic circulation.

It also is important to understand that the body will only release poisons when the autonomic nervous system is relaxed enough and the subconscious brain knows that it is safe enough to. Also, we must think of “cleansing” as a longterm life change, not just something we do once in a while. If these chemical irritants are in the cell wall, cleansing can take 1-2 years. If they are in the cell membrane, 3-5 years. And if they are in the DNA of the cell, 5-10 years.

First, you want to make sure that you are eliminating waste through the colon often to prevent the accumulation of biofilms, which can preoccupy the immune system, and prevent excess heat from exiting the body. This requires the regular intake of “cooling” fiberous foods, such as raw vegetables & salads. But after excessive food consumption, it may be necessary to get a colonic or give yourself an enema. When doctors say, “80% of sickness begins in the colon” they mean that when there is an overgrowth of “bad” bacteria in the colon, the immune system becomes burdened by it, leaving other areas of the body more vulnerable to infection. So you’ll want to do whatever you have to do to make sure the poisons are getting out regularly. This may also include the use of probiotics to help maintain a healthy gut flora.

For proper & safe biochemical cleansing, talk to a qualified holistic doctor who truly knows about this stuff and can correctly guide you through the process. Learn what it truly takes to open up and/or heal the colon, bile ducts, gall bladder, kidneys, skin, lungs, breath, etc.

In addition to the cleansing, you can use aerobic exercise to sweat and help circulate blood & lymph. And when you stretch, try to get flexible in the muscles of the neck, chest, diaphragm, and low back. Other helpful techniques include skin exfoliation, dry brushing, medicinal clay packs, ice baths, hot/cold contrast baths, saunas, and Banya therapy. The Medi-Magma Clay pack and Castor Oil pack from Premier Research Labs can help detoxify specific areas of the body, such as the thyroid, kidneys, and joints, from the outside in. Follow the directions for use to help draw biochemical stagnations out of the superficial layers of tissue. If you have access to a sauna or heating pad, use them while the packs are applied for deeper penetration... or simply sit in the sunlight.

Diet & Lifestyle

Discover the lifestyle, environment, and foods that are right for the unique genetics/body type. Know your family history; the way they lived, the climate they were accustomed to, and experiment to find foods that are digested easily & quickly, that make the body feel strong... not full, bloated, weak, lethargic, acidic, inflamed, stiff, greasy, sticky, stinky, etc.

Eat "clean" foods as often as possible. These are foods that are nutrient-dense and alkalizing. They do not congest the liver, kidneys, or bowel, and easily assimilated. They are not processed, not GMO, not overly-cooked, not pasteurized, not full of sodium, sugar, dyes, chemicals, etc... and do not possess hormone residues, artificial chemicals, pharmaceutical residues, and heated or rancid oils, such as canola oil, soybean oil, safflower oil, olive oil, etc. The body needs fat, but this fat must come from very clean, raw, and fresh sources, such as high quality sashimi, tar tar, and dairy products.

Stay away from sugar! Period.

Get rid of the low grade chronic inflammation in the body with a diet that cools & lubricates, rather than dries & inflames. The book "Healing With Whole Foods" is an excellent resource for this. Eat an alkaline-producing diet and establish an ideal pH (a balance between acidity and alkalinity, as reflected by a first morning urine test). Just do an internet search for a list of "alkalizing foods & beverages", and refer to my article on pH balancing for info on that topic.

Some examples of clean foods include raw or lightly cooked organic produce; raw or lightly cooked organic, all natural beef, lamb, and fish; soups, vegetable broths & bone broths; sprouted breads and sprouted organic beans; raw organic cereal grasses (wheat, barley, and oat); farm fresh unpasteurized dairy; unheated organic oils (olive, coconut, flaxseed, etc); organic wild rice and pasta; homemade organic soups; herbal teas, fresh organic juice, purified and mineral water; raw honey and molasses. Try to avoid pasteurized dairy; refined sugar; heated oils & grease; roasted nuts; non-organic, processed and genetically altered foods; BBQ'd and/or overly cooked meat; tap water, alcohol, coffee, nicotine, soda pop, distilled vinegar, and artificially preserved juices.

In health, you always keep your head cool and your body warm. If the head is hot, you need to cool it down with a wet towel or ice pack. Ice is usually only needed for a few minutes, and not more than 15 minutes at a time on the back of neck, armpits, groin, hands & feet. And be careful not to ice-burn the skin by placing a linen between the ice and your skin. For cold sicknesses, you generally want to warm the body. But for flu's you usually need to cool the body.

Sunlight

Arguably the most important nutrient of all, sunlight is required for healthy cellular metabolism. A lack of regular intake of solar radiation is often overlooked and commonly one of the main underlying causes of disease and dysfunction in the body. It also can be an effective at boosting the immune system, especially when the body is in a "cold" or "yin" state. However when the body is "hot" or "yang", sunlight can have adverse health effects.

Be sure to get your sunlight at the right time of day, and in amounts that are in accordance with your genetic needs. Some people require, and can tolerate, more than others. But almost nobody should be in direct sunlight in the middle of the day. Morning and late afternoon sunlight are usually best. And you may want to refrain from bathing immediately after getting your sunlight, to ensure the body's proper Vitamin D3 synthesis.

Supplements

The best source of vitamins, minerals, and enzymes is pure, raw food. But these days even organic food does not contain the same nutrients that it did years ago. Taking the right supplements can be very helpful in get the body what it needs, *in addition to* your healthy foods.

There are many herbs & supplements, concoctions & tonics, and superfoods & smoothies that are effective for boosting the immune system. Just do an internet search and you will find them very easily. The immune-boosting vitamins tend to be A, C, D3, and Zinc. Generally it is best to take them in liquid, capsule, or powder form (not tablets) to ensure absorption. However some doctors are qualified to give some of them, such as Vitamins C & B12, via injection, which may be ideal. To get the most of your fluid intake, you may want to add some "hydrating" supplements to them, such as lemon or lime juice, or pH-boosting drops. Here are a few immune-boosting supplements that I trust...

Premier Research Labs: ImmunoVen

Argentyn 23: Bioactive Silver Spray

Dr. Price's: Electrolytes & Immune-Booster

pH Life: pH Thrive Mineral Drops

Essential Oils

Essential oils may be helpful for reducing infection & inflammation, clearing congestion, and boosting immunity. They can be used in a diffuser, vaporizer, by adding a few drops to hot water and breathing in the steam, or by placing a clean face towel in warm water, wringing it out, and then adding a few drops of the oil on the damp, warm towel. Breathe through the warm towel until cool. Repeat the process until you feel relieved. You may also rub any of these oils, or a combination of them, into your chest. However, rubbing the oil directly to your skin may cause irritation. So before you do this, it is recommended that you place a small drop on the underside of your forearm. If an allergic reaction occurs, such as redness or swelling, that particular essential oil should not be used. If no reaction occurs, you should then dilute the essential oil with a “carrier” oil before applying it on your skin.

Common carrier oils include sweet almond, olive, and jojoba. Common healing oils include peppermint, tea tree, eucalyptus, frankincense, oregano, cilantro, basil, clove, and thyme. A simple internet search will reveal many different combinations, concoctions, benefits, and applications for these oils. I personally use oregano, cilantro, and basil, which are extremely potent anti-infectant immune boosters.

Detox Baths

Bath remedies can be helpful for reducing stress, easing muscle tension, improving sleep, and increasing circulation. It is generally recommended that you soak for a minimum of 20 minutes, but this may be more or less according to your body constitution limits. Always apply common sense if you suffer from a heart or any other health condition, as extreme heat can be dangerous to a delicate body. And be sure to bathe in the purist & cleanest water available.

Try to allow enough time to absorb any healing properties from the water, and be sure to drink plenty of fluids during or after the bath, in case you sweat a lot during the process. It's best to drink alkalizing beverages, such as herbal teas or lemon water, which may help improve the body's pH. After this cleansing bath, try to stay away from any unnatural irritants, including cosmetics, chlorine, smoke, air fresheners, road pollution, and other chemicals. Another option is to add your favorite essential oils, which can also have particular therapeutic properties that add to the experience. Usually 20 drops is sufficient for a standard bath.

There are many different types of healing bath additives to use, including ginger powder, apple cider vinegar, sea salt, dead sea salt, pink salt, coral calcium, medicinal clay, and baking soda. A simple internet search will reveal many different combinations, concoctions, benefits, and applications for these baths. But here are a few that I trust...

Premier Research Labs: Medi-Body Bath clay

Premier Research Labs: Coral Legend powder

The Spice Lab: Himalayan Pink salt