

20190905-Video-Links-for-the-Immune-System

Part 1 – Overall Intro & Innate (Nonspecific) Defense System

YouTube Channel – CrashCourse

Video Name - Immune System, Part 1: Crash Course A&P #45

Time: **9:13 minutes**

<https://www.youtube.com/watch?v=GIIK3dwCWCw&list=PLwB-P3DPwyM0eOW0MI2c3uadUgqxCKJdb&index=3>

Part 2 – Adaptive (Acquired) Immune System

YouTube Channel – CrashCourse

Video Name - Immune System, Part 2: Crash Course A&P #46

Time: **9:44 minutes**

<https://www.youtube.com/watch?v=2DFN4IBZ3rI&list=PLwB-P3DPwyM0eOW0MI2c3uadUgqxCKJdb&index=10>

Part 3 – Cellular Immune Response

YouTube Channel – CrashCourse

Video Name - Immune System, Part 3: Crash Course A&P #47

Time: **9:37 minutes**

<https://www.youtube.com/watch?v=rd2cf5hValM>

Variety Other Videos on Immune System and How to Beef It Up

How human cells protect themselves

YouTube Channel – TED - Ed

Video Name – Cell vs. virus: A battle for health - Shannon Stiles

Time: **3:58 minutes**

<https://www.youtube.com/watch?v=oqGuJhOeMek>

How the Immune System works and How Vitamin C Plays a Role in That

YouTube Channel – Thomas DeLauer

Video Name – Vitamin C & the Immune System | How to Beat Sickness | How Immune Cells Work

Time: **6:09 minutes**

<https://www.youtube.com/watch?v=FOIrf-8d1Z8&list=PLwB-P3DPwyM0eOW0MI2c3uadUgqxCKJdb&index=6>

Immune System is Impacted in a Positive Way When Fasting

YouTube Channel – Thomas DeLauer

Video Name – Fasting Effects on the Immune System: Superhero Cells

Time: **6:28 minutes**

<https://www.youtube.com/watch?v=sbyh71WPSbk&list=PLwB-P3DPwyM0eOW0MI2c3uadUgqxCKJdb&index=7>

Gut Microbes and the Immune System – Pretty in Depth but Good

YouTube Channel – Thomas DeLauer

Video Name – Probiotics | Boost Immunity | Prevent Sickness

<https://www.youtube.com/watch?v=BwWkl1UV1yo&list=PLwB-P3DPwyM0eOW0Ml2c3uadUgqxCKJdb&index=8>

Time: **8:45 minutes**

Stress and Our Immune System – Relaxation Technics

YouTube Channel – Dr. Eric Berg DC

Video Name – Stress & Your Immune System

Time: **5:34 minutes**

<https://www.youtube.com/watch?v=XTnngZCRfBQ&list=PLwB-P3DPwyM0eOW0Ml2c3uadUgqxCKJdb&index=4>

Walks You Through How Stress Can Negatively Impact Our Immune System

YouTube Channel – TED - Ed

Video Name – How stress affects your body - Sharon Horesh Bergquist

Time: **4:42 minutes**

<https://www.youtube.com/watch?v=v-t1Z5-oPtU>

Discusses Why and How Stress Has a Negative Impact on Our Immune System

YouTube Channel – Dr. Eric Berg DC

Video Name – Stress, Thymus Gland and Your Immune System

Time: 4:07 minutes

<https://www.youtube.com/watch?v=SjbDiOMe2MY>

Discusses What Happen in the Cell in the Case of an Infection – GOOD EXPLANATION

YouTube Channel – Kurzgesagt – In a Nutshell

Video Name – The Immune System Explained I – Bacteria Infection

Time: 6:48 minutes

<https://www.youtube.com/watch?v=zQGOcOUBi6s&list=PLwB-P3DPwyM0eOW0Ml2c3uadUgqxCKJdb&index=16&t=0s>